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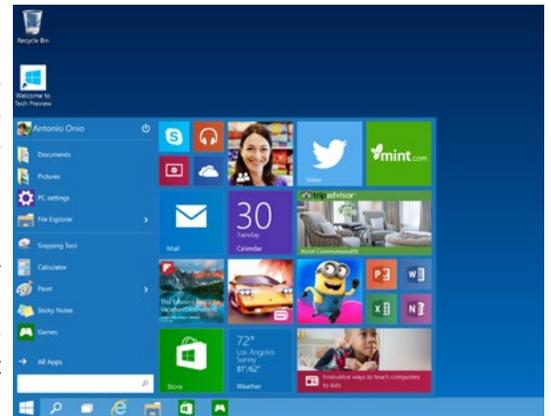
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The 411 on Windows 10

Though it won't be released until July 29th, Windows 10 is already taking the small business arena by storm. With new features and capabilities to help you run your business better, Windows 10 is the latest in Microsoft's Windows operating system.

If you're like most people, you'll be taking advantage of the free upgrade opportunity that Microsoft is offering for qualified devices. To help you get ready for your upgrade, here are some things that you should know about Windows 10 if you don't already.



1. Support for Windows 7 and 8 will end soon:

Windows 7 support ended back in January and while Microsoft has extended support for Windows 8.1 to 2023, its policy is to support products for up to two years after the release of its successor. That being said, it might make the most sense to migrate now before support ends for your current Windows operating system.

2. You'll gain a new personal assistant:

The Windows 10 release will bring Cortana to desktop, a voice assistant that will be accessible near the start menu on the bottom left corner of your screen. You can access her by simply saying, "Hey Cortana." A pop-up notification will then appear and you'll be able to search your OneDrive or hard drive.

3. Say goodbye to Internet Explorer:

While Internet Explorer will still be there in the physical sense, Windows 10 offers a new browser called Microsoft Edge. This new browser is said to be a safer, faster and sleeker version of Internet Explorer, complete with new apps and capabilities. Annotate websites and send them to others in "reader" view.

4. Work with 4 Apps at Once:

Toggleing between apps to get to work can be tedious. While split screen options are available in previous Windows versions, Windows 10 features "Snap" quadrants that makes it possible to work with up to four different apps at once.

5. Create Multiple Desktops:

Working on several big projects at once? You no longer have to waste your time opening a ton of apps for your several projects and have them all overlap. Windows 10 lets you create multiple desktops so that you can organize the apps that you're using for each project.

Getting Fit While You Sit? It's easy with these three gadgets!



Researchers have been warning us for years about the dangers of leading a sedentary life. But for many of us in the workforce, our jobs require us to remain chained to our desks in order to accomplish tasks.

While there are such things like standing desks, the day often demands that we stay seated. But there are recent technological advancements that are allowing us to take charge of our health while sitting. Here are three:

1. The Tao WellShell: Crowdfunded on Kickstarter back in April, the Tao WellShell is a portable flat device that functions on the principle of isometrics, using the body against itself. The user presses the Tao with their hands or against a surface, the WellShell vocally advises the user to apply more or less pressure until the right zone is found or held. Pilates or planking are the appropriate exercises for this device.

2. Glyder: Used to spending hours in the gym on an elliptical device? Move your workout to your office with the Glyder, a flat portable gliding pedal device that can be used underneath your desk. Its low profile is designed to keep you from bumping your knees against your desk underside. A companion app lets you control resistance, track calories burned and distance traveled.

3. Darma: Don't want to break a sweat at your desk but still want health benefits? Darma is your answer. A smart seat cushion that sends information on biofeedback, posture, breath and heart rate to give you helpful tips, Darma is the posture coach that you've been looking for. It also reminds you when to take standing breaks via a connected app.

Working Long Hours Makes Us Unhealthy



After a long day at the office, many of us indulge in a drink. Be it a glass of wine at home, pitchers of beers with the guys at your local sports bar, or even a round of margaritas and karaoke with your boss and coworkers, work and alcohol just tend to go together.

Now in moderation, there's nothing wrong with that. But as with anything, when done too much, problems can ensue. What happens when that weekly trip to the pub after a long night at the office becomes too frequent?

According to Marianna Virtanen of the Finnish Institute of Occupational Health, people who log long hours are about 12% more likely to become heavy drinkers. The results are just the latest in a series of studies that she's conducted on the negative health effects of overwork. Virtanen and her colleagues have also observed associations of impaired sleep and depressive symptoms with those who consistently log long hours at the office.

In a previous study, Virtanen found that working long hours is bad for the heart. White-collar workers who worked 10 hours a day were 60% more likely to have heart-related health problems than white-collar workers who worked seven hours a day. Factors like stress, poor recovery, poor sleep and symptoms of distress were cited as the reasons for this correlation. In addition, there are certain lifestyle choices that could have made an impact such as sedentary work and leisure time, unhealthy diet, alcohol use, smoking and poor self-care.

This physical wear and tear can cause your brain to suffer. In a study, Virtanen and her team examined the association between working long hours and cognitive function and found a small decrease in a reasoning score after 5 years among those who worked long hours.



While the results of Virtanen's studies are observational, there are still many unanswered questions around the topics of overwork and health. What is the threshold of overwork? Does it count as overwork if you work from home?

Only time will tell.

Stuck in a Creative Rut?

Maybe you Should Get Less Sleep!

Say you're having a long day at the office. Your task list seems never-ending and you feel as if you're making very little progress. You have customer emails to write and you can't figure out how to start even the first line. Sounds like you might be stuck in a creative rut my friend.

Sure you could try to self-medicate by giving yourself a healthy dose of caffeine or taking a quick run around the block, but those won't necessarily solve the root of your problem.

You might just need sleep a little less.

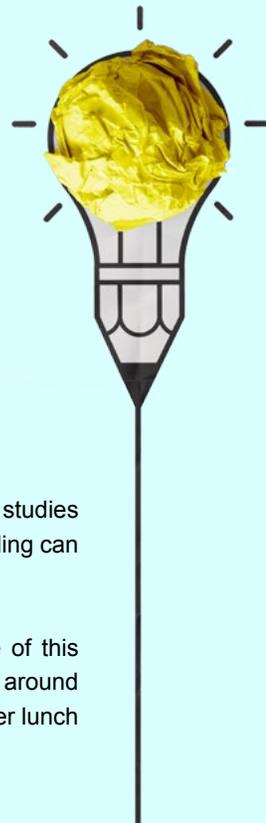
In a 2011 study conducted by Mareike Wieth, an associate professor of psychology at Albion University, found that people became more creative when they became less alert. The study also revealed that the ability to solve analytical problems stayed consistent whether or not someone was tired. So that daily Starbucks stop that you think is making you more productive, might actually be hindering your problem solving skills.

Why this trend?

One theory is tied to the way the brain filter things. In a previous study conducted by a group of researchers at Northwestern University, a correlation between creativity and problems with concentration was discovered. The inability to screen out random thoughts was seen to lead to greater inspiration. As a person would tire, they would become less able to keep frivolous thoughts from entering their head.

The results of this study are similar to those of previous studies which have shown that controlled laziness and brain idling can help a person become more creative.

Naturally, one of the easiest ways to take advantage of this phenomenon is to schedule your most creative work around the time when you become sleepy. So around 2 pm after lunch or late in the evening would work well.



What you can expect from iOS 9

Though it won't be released until the fall, iOS 9 is already taking the mobile industry by storm. Originally revealed at the Worldwide Developers Conference on June 8th, iOS 9 will offer a suite of new features like a smarter Siri, battery enhancements and other performance enhancements.

Design wise, this update will only have subtle changes from iOS 8, which was Apple's biggest overhaul of its mobile operating system.

iOS 9 will add battery improvements that could allow for up to an extra hour of battery life from devices. In addition, there will be a new power saving mode for iPads and iPhones that could extend the device's battery life by as much as 3 hours.

You can expect to see a better performing Siri. The revamped Siri will resemble Google Now as it will be context-aware and able to make proactive suggestions. A simple voice command like "find photos from last year's Christmas party," will allow Siri to bring up the relevant images from your device. Apple is also introducing an API for search which will provide Google Now-like suggestions by surfacing contacts, news and apps based on features like your calendar and the time of day.

Better caller ID is on the horizon. If an incoming phone number isn't saved in your contacts, iOS 9 will try to identify the caller based on other information like emails. Reminders will integrate easily with your calendar, as the new iOS can automatically surface reminders for things like your next meeting and will provide suggestions for events to attend based on email messages.

If you're an iPad owner, expect to see a new quick type keyboard with new gestures to make it easier to adjust text and the position of the cursor. Multitasking will be at the forefront with a new app switching experience that features split-screen apps and picture-in-picture viewing for videos. Split-screen apps will allow for the user to run two apps side by side for the first time ever in an iOS device while the picture-in-picture feature will allow the user to watch videos while working in other apps.

