



# Walking Workout X App Best

**IM Harris**



## **Walking Workout X App Best:**

**Managing Type 2 Diabetes For Dummies** American Diabetes Association, 2018-02-13 Discover how to manage diabetes for a healthier and happier life Written for anyone diagnosed with type 2 diabetes and for anyone who loves someone with diabetes Managing Type 2 Diabetes For Dummies is an essential guide to understanding the effects of diabetes and knowing what steps to take to successfully manage this chronic illness Diabetes can lead to serious complications but people with diabetes can control the condition and lower the risk of its many complications This is your easy to understand guide that shows you how Under the direction of The American Diabetes Association Managing Type 2 Diabetes For Dummies gives hope to the one in 11 people in the United States who are affected by the disease Written in simple to understand terms Managing Type 2 Diabetes For Dummies is filled with a wealth of expert advice and includes the most current information on recent medical advances for treatment Improperly managed diabetes and consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels eyes kidneys nerves and teeth With the authorities at the American Diabetes Association on your side you will have a practical handbook for preventing complications and managing diabetes with confidence Prevent and manage the complications of the disease Combat diabetes related anxiety and depression Lead a healthy life with type 2 diabetes Tap into the better living rules of the road with Managing Type 2 Diabetes For Dummies By modifying your diet consulting with your doctors staying active and understanding what medications are right for you you will be on the path to a happier and healthier lifestyle **3rd**

**International Conference on Movement, Health and Exercise** Fatimah Ibrahim, Jadeera Phaik Geok Cheong, Juliana Usman, Mohd Yazed Ahmad, Rizal Razman, Victor S Selvanayagam, 2017-01-20 This volume presents the proceedings of the 3rd International Conference on Movement Health and Exercise 2016 MoHE2016 The conference was jointly organized by the Biomedical Engineering Department and Sports Centre University of Malaya It was held in Malacca from 28 30 September 2016 MoHE 2016 provided a good opportunity for speakers and participants to actively discuss about recent developments in a wide range of topics in the area of sports and exercise science In total 83 presenters and 140 participants took part in this successful conference *Android Sensor Programming By Example* Varun Nagpal, 2016-04-29 Take your Android applications to the next level of interactivity by exploring the wide variety of Android sensors About This Book Get a thorough understanding of the fundamentals and framework of Android sensors Acquire knowledge of advance sensor programming and learn how to connect and use sensors in external devices such as the Android Watch Polar heart rate monitors Adidas speed cells and so on Learn from real world sensor based applications such as the Pedometer app to detect daily steps the Driving app to detect driving events and the Professional Fitness tracker app to track heart rate weight daily steps calories burned and so on Who This Book Is For This book is targeted at Android developers who want to get a good understanding of sensors and write sensor based applications or who want to enhance their existing applications with

additional sensor functionality A basic knowledge of Android development is required What You Will Learn Learn about sensor fundamentals different types of sensors and the sensor coordinate system Understand the various classes callbacks and APIs of the Android Sensor framework Check all the available sensors on an Android device and know their individual capabilities for example their range of values power consumption and so on Implement sensor fusion using two or more sensors together and learn to compensate for the weakness of one sensor by using the strength of another Build a variety of sensor based real world applications such as Weather Pedometer Compass Driving Events Detection Fitness Tracker and so on Get to know about wake up and non wake up sensors wake locks and how to use sensor batch processing along with the sensor hardware FIFO queue Develop efficient battery and processor algorithms using raw sensor data to solve real world problems Connect to a variety of remote sensors such as body weight measurement and body fat percentage measurement using the Google Fit platform from your Android app In Detail Android phones available in today s market have a wide variety of powerful and highly precise sensors Interesting applications can be built with them such as a local weather app using weather sensors analyzing risky driving behavior using motion sensors a fitness tracker using step counter sensors and so on Sensors in external devices such as Android Watch Body Analyzer Weight Machine Running Speed Cell and so on can also be connected and used from your Android app running on your phone Moving further this book will provide the skills required to use sensors in your Android applications It will walk you through all the fundamentals of sensors and will provide a thorough understanding of the Android Sensor Framework You will also get to learn how to write code for the supportive infrastructure such as background services scheduled and long running background threads and databases for saving sensor data Additionally you will learn how to connect and use sensors in external devices from your Android app using the Google Fit platform By the end of the book you will be well versed in the use of Android sensors and programming to build interactive applications Style and approach A step by step and easy to follow guide that focuses on utilizing sensors to perform certain tasks After covering the fundamentals in the first chapter the book develops the concepts by building a real world sensor based application in subsequent chapters Understanding Motivation and Emotion Johnmarshall

Reeve,2024-10-08 Comprehensive reference on the nature of motivation and emotion thoroughly updated with the latest research and findings in the field Understanding Motivation and Emotion seeks to answer perennial questions such as What do people want and How do I motivate self and others through evidence based recommendations that enable readers to solve practical concerns This newly updated and revised Eighth Edition addresses applied issues speaking more to daily motivational problems and situations such as how to promote high quality motivation in self and others and emphasizes high interest motivational constructs that have been most actively researched in the last three years including grit mental toughness resilience wellbeing boredom self concept identity and GLP 1 hormones for weight loss With shorter chapters and one fewer chapter than the previous edition the goal of this edition is to provide a less overwhelming but also more inviting

interesting engaging and satisfying understanding of motivation and emotion As with previous editions resources for instructors include an Instructor s Manual and Test Bank featuring discussion questions activities central principles PowerPoint slides and other tools Written by an acclaimed professor and researcher in the field Understanding Motivation and Emotion discusses topics including Biological and psychological needs extrinsic motivation and internalization goal setting and goal striving mindsets personal control beliefs and the Self and its strivings Six perennial questions on the nature of emotion various aspects of emotion and the importance of individual emotions and feelings Growth motivation and positive psychology unconscious motivation interventions and implicit motives and attitudes The challenge threat mindset how to control and regulate emotions and the pros and cons of using money as a motivating factor Understanding Motivation and Emotion is an essential reference for all professionals and students seeking to understand the nebulous concepts of motivation and emotion and apply their findings in schools the workplace clinical settings healthcare sports and their own lives

**Somatic Exercises For Dummies** Kristin McGee, 2025-05-06 Reduce stress relieve pain and improve your overall health with somatic exercise Are you ready to relax feel and move better Do you want to reduce anxiety eliminate stress and release tension in a healthy and natural way Then grab a copy of Somatic Exercise For Dummies and start healing yourself from within In the book renowned yoga meditation and Pilates teacher Kristin McGee explains how you can use somatic exercise to strengthen the mind body connection through movement In simple straightforward terms the author explains exactly what somatic exercise is how to do it and what it can help you achieve Learn to use breathwork yoga dance Qigong assisted movement and more to help you with everything from your posture to flexibility and inner calm You ll Discover focused exercises for overcoming trauma finding joy and increasing your wellbeing Fight chronic pain and enhance physical wellness with safe natural methods Find step by step instructions with photos to help you perform each movement correctly Life is complicated Wellness doesn t have to be Get Somatic Exercise For Dummies to get started with one of the simplest most effective and fun ways to feel physically mentally emotionally and spiritually better

*Umphred's Neurological Rehabilitation - E-Book* Rolando T. Lazaro, Sandra G. Reina-Guerra, Myla Quiben, 2019-12-05 Selected for Doody s Core Titles 2024 in Physical Medicine and Rehabilitation Develop problem solving strategies for individualized effective neurologic care Under the new leadership of Rolando Lazaro Umphred s Neurological Rehabilitation 7th Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event This comprehensive reference reviews basic theory and addresses the best evidence for evaluation tools and interventions commonly used in today s clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic Now fully searchable with additional case studies through Student Consult this edition includes updated chapters and the latest advances in neuroscience Comprehensive reference offers a thorough understanding of all aspects of neurological rehabilitation Expert authorship and editors lend their

experience and guidance for on the job success UNIQUE A section on neurological problems accompanying specific system problems includes hot topics such as poor vision vestibular dysfunction dementia and problems with cognition and aging with a disability A problem solving approach helps you apply your knowledge to examinations evaluations prognoses and intervention strategies Evidence based research sets up best practices covering topics such as the theory of neurologic rehabilitation screening and diagnostic tests treatments and interventions and the patient s psychosocial concerns Case studies use real world examples to promote problem solving skills Comprehensive coverage of neurological rehabilitation across the lifespan from pediatrics to geriatrics Terminology adheres to the best practices follows The Guide to Physical Therapy Practice and the WHO ICF World Health model NEW enhanced eBook on Student Consult UPDATED Color photos and line drawings clearly demonstrate important concepts and clinical conditions students will encounter in practice NEW and EXPANDED Additional case studies and videos illustrate how concepts apply to practice Updated chapters incorporate the latest advances and the newest information in neurological rehabilitation strategies NEW and UNIQUE New chapter on concussion has been added Separate and expanded chapters on two important topics Balance and Vestibular

**Anti-Inflammatory Diet For Dummies** Artemis Morris,Molly Rossiter,2025-07-09 Practical tips and recipes for avoiding chronic inflammation and maintaining your long term health Anti Inflammatory Diet For Dummies equips you with the latest information on how to avoid chronic inflammation and reduce your risk of associated health conditions Inflammation is linked to arthritis stroke cancer obesity and beyond You can keep inflammation under control by focusing on foods and lifestyle factors that have been shown to help This accessible and straightforward guide explains how it all works and offers over 100 tasty and nourishing recipes that can have a real impact on your health today and into the future Updated with the latest research and an expanded focus on gut health this new edition gives you what you need to keep inflammation in check Find out what causes inflammation and how reducing inflammation can keep you healthy Discover the basic anti inflammatory ingredients and great recipes that keep inflammation down Learn what the latest science is saying about inflammation and conditions like breast cancer Alzheimer s and dementia Get relief from inflammatory symptoms and keep chronic disease at bay It s never too early or too late to start shifting to an anti inflammatory diet and improving your long term health Anti Inflammatory Diet For Dummies makes it easy **Get Fit with Apple Watch** Allen Taylor,2015-09-23 Get Fit with Apple Watch is the concise introduction to the amazing new Apple Watch It s the first book specifically focused on the Apple Watch s most important function health and fitness This book is for you if you are interested in health and are willing to make small lifestyle adjustments in order to enhance health and well being This book is also for you if you are a dedicated health junkie who already exercises on a regular basis and follows a healthy diet The Apple Watch includes fitness apps that you can access right on your wrist while you are exercising for instant feedback on how you are doing You will learn how to use the Watch to avoid sitting for too long to register a healthy amount of body movement every day and how to

get the most out of more strenuous exercise activities All fitness and exercise related built in apps will be covered in detail as well as leading third party health and fitness apps that have been specifically tailored to work with the Watch Part I plus two appendixes give readers just what they need to know to understand all functionality of the Apple Watch to set up their Apple Watch and what third party apps are available at time of publication It s a great mini book that will be appeal to readers who don t feel the need to buy an entire standalone introduction to the Apple Watch Part II the majority of the book clearly explains the Apple Watch s fitness an d health tracking functions but goes well beyond this by showing readers different ways to integrate these functions into their daily lives regular workout routines and with their iPhone and the leading third party health and fitness apps Plus there s an entire chapter devoted to the Apple Watch Research Kit explaining the benefits of the associated medical research apps and how users can participate in these world changing programs should they choose to

Veteran technology author Allen Taylor is also a participant in the Apple Watch Research Kit study in cardiovascular fitness conducted by Stanford University     Implementing Health/fitness Programs Robert W. Patton,1986 This book provides the guidance to plan a health fitness facility get it built gear it up and keep it running whatever the setting     **The South Western Reporter** ,1906 Includes the decisions of the Supreme Courts of Missouri Arkansas Tennessee and Texas and Court of Appeals of Kentucky Aug Dec 1886 May Aug 1892 Court of Appeals of Texas Aug 1892 Feb 1893 Jan Feb 1928 Courts of Civil and Criminal Appeals of Texas Apr June 1896 Aug Nov 1907 Court of Appeals of Indian Territory May June 1927 Jan Feb 1928 Courts of Appeals of Missouri and Commission of Appeals of Texas     **The Southwestern Reporter** ,1911     *Indiana Digest* ,1911     Circular - Georgia State College of Agriculture, Extension Division Georgia State College of Agriculture. Extension Division,University of Georgia. Agricultural Extension Service,1987     **Sessional Papers** Great Britain. Parliament. House of Commons,1903     **Cyclopedia of Law and Procedure** ,1910     **Report** Scotland Royal Commission on Physical Training,1903     Decennial Edition of the American Digest ,1910     *Parliamentary Papers* Great Britain. Parliament. House of Commons,1903     **Electronic Commerce** Elias M. Awad,2002 Intended for the first course any student will take on e commerce The comprehensive coverage of this text provides the latest information in e commerce to teach students how to build a successful e business This text brings students through the entire process of e commerce from strategic planning to actual fulfillment using a student friendly writing style to explain the technology of the Internet Manageable for the undergraduate student Electronic Commerce provides the technical operational and managerial details necessary for student success     *A New English Dictionary on Historical Principles* ,1893

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Walking Workout X App Best**

In a world inundated with monitors and the cacophony of immediate conversation, the profound power and emotional resonance of verbal beauty frequently fade into obscurity, eclipsed by the constant onslaught of noise and distractions. However, located within the lyrical pages of **Walking Workout X App Best**, a fascinating work of fictional beauty that impulses with natural emotions, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that mesmerizing opus guides viewers on a psychological odyssey, softly exposing the latent possible and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central themes, dissect its fascinating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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$m_2$  nj  $m_1$  nk  $m_2$  nk  $m_1$  nl  $m_2$  nl  $m_1$  nm  $m_2$  nm  $m_1$  no  $m_2$  no  $m_1$  np  $m_2$  np  $m_1$  nq  $m_2$  nq  $m_1$  nr  $m_2$  nr  $m_1$  ns  $m_2$  ns  $m_1$  nt  $m_2$  nt  $m_1$  nu  $m_2$  nu  $m_1$  nv  $m_2$  nv  $m_1$  nw  $m_2$  nw  $m_1$  nx  $m_2$  nx  $m_1$  ny  $m_2$  ny  $m_1$  nz  $m_2$  oa  $m_1$  ob  $m_2$  ob  $m_1$  oc  $m_2$  oc  $m_1$  od  $m_2$  od  $m_1$  oe  $m_2$  oe  $m_1$  of  $m_2$  of  $m_1$  og  $m_2$  og  $m_1$  oh  $m_2$  oh  $m_1$  oi  $m_2$  oi  $m_1$  oj  $m_2$  oj  $m_1$  ok  $m_2$  ok  $m_1$  ol  $m_2$  ol  $m_1$  om  $m_2$  om  $m_1$  on  $m_2$  on  $m_1$  oo  $m_2$  oo  $m_1$  op  $m_2$  op  $m_1$  oq  $m_2$  oq  $m_1$  or  $m_2$  or  $m_1$  os  $m_2$  os  $m_1$  ot  $m_2$  ot  $m_1$  ou  $m_2$  ou  $m_1$  ov  $m_2$  ov  $m_1$  ow  $m_2$  ow  $m_1$  ox  $m_2$  ox  $m_1$  oy  $m_2$  oy  $m_1$  oz  $m_2$  pa  $m_1$  pb  $m_2$  pb  $m_1$  pc  $m_2$  pc  $m_1$  pd  $m_2$  pd  $m_1$  pe  $m_2$  pe  $m_1$  pf  $m_2$  pf  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$m_2$  rb  $m_1$  rc  $m_2$  rc  $m_1$  rd  $m_2$  rd  $m_1$  re  $m_2$  re  $m_1$  rf  $m_2$  rf  $m_1$  rg  $m_2$  rg  $m_1$  rh  $m_2$  rh  $m_1$  ri  $m_2$  ri  $m_1$  rj  $m_2$  rj  $m_1$  rk  $m_2$  rk  $m_1$  rl  $m_2$  rl  $m_1$  rm  $m_2$  rm  $m_1$  rn  $m_2$  rn  $m_1$  ro  $m_2$  ro  $m_1$  rp  $m_2$  rp  $m_1$  rq  $m_2$  rq  $m_1$  rr  $m_2$  rr  $m_1$  rs  $m_2$  rs  $m_1$  rt  $m_2$  rt  $m_1$  ru  $m_2$  ru  $m_1$  rv  $m_2$  rv  $m_1$  rw  $m_2$  rw  $m_1$  rx  $m_2$  rx  $m_1$  ry  $m_2$  ry  $m_1$  rz  $m_2$  sa  $m_1$  sb  $m_2$  sb  $m_1$  sc  $m_2$  sc  $m_1$  sd  $m_2$  sd  $m_1$  se  $m_2$  se  $m_1$  sf  $m_2$  sf  $m_1$  sg  $m_2$  sg  $m_1$  sh  $m_2$  sh  $m_1$  si  $m_2$  si  $m_1$  sj  $m_2$  sj  $m_1$  sk  $m_2$  sk  $m_1$  sl  $m_2$  sl  $m_1$  sm  $m_2$  sm  $m_1$  sn  $m_2$  sn  $m_1$  so  $m_2$  so  $m_1$  sp  $m_2$  sp  $m_1$  sq  $m_2$  sq  $m_1$  sr  $m_2$  sr  $m_1$  ss  $m_2$  ss  $m_1$  st  $m_2$  st  $m_1$  su  $m_2$  su  $m_1$  sv  $m_2$  sv  $m_1$  sw  $m_2$  sw  $m_1$  sx  $m_2$  sx  $m_1$  sy  $m_2$  sy  $m_1$  sz  $m_2$  ta  $m_1$  tb  $m_2$  tb  $m_1$  tc  $m_2$  tc  $m_1$  td  $m_2$  td  $m_1$  te  $m_2$  te  $m_1$  tf  $m_2$  tf  $m_1$  tg  $m_2$  tg  $m_1$  th  $m_2$  th  $m_1$  ti  $m_2$  ti  $m_1$  tj  $m_2$  tj  $m_1$  tk  $m_2$  tk  $m_1$  tl  $m_2$  tl  $m_1$  tm  $m_2$  tm  $m_1$  tn  $m_2$  tn  $m_1$  to  $m_2$  to  $m_1$  tp  $m_2$  tp  $m_1$  tq  $m_2$  tq  $m_1$  tr  $m_2$  tr  $m_1$  ts  $m_2$  ts  $m_1$  tt  $m_2$  tt  $m_1$  tu  $m_2$  tu  $m_1$  tv  $m_2$  tv  $m_1$  tw  $m_2$  tw  $m_1$  tx  $m_2$  tx  $m_1$  ty  $m_2$  ty  $m_1$  tz  $m_2$  ua  $m_1$  ub  $m_2$  ub  $m_1$  uc  $m_2$  uc  $m_1$  ud  $m_2$  ud  $m_1$  ue  $m_2$  ue  $m_1$  uf  $m_2$  uf  $m_1$  ug  $m_2$  ug  $m_1$  uh  $m_2$  uh  $m_1$  ui  $m_2$  ui  $m_1$  uj  $m_2$  uj  $m_1$  uk  $m_2$  uk  $m_1$  ul  $m_2$  ul  $m_1$  um  $m_2$  um  $m_1$  un  $m_2$  un  $m_1$  uo  $m_2$  uo  $m_1$  up  $m_2$  up  $m_1$  uq  $m_2$  uq  $m_1$  ur  $m_2$  ur  $m_1$  us  $m_2$  us  $m_1$  ut  $m_2$  ut  $m_1$  uu  $m_2$  uu  $m_1$  uv  $m_2$  uv  $m_1$  uw  $m_2$  uw  $m_1$  ux  $m_2$  ux  $m_1$  uy  $m_2$  uy  $m_1$  uz  $m_2$  va  $m_1$  vb  $m_2$  vb  $m_1$  vc  $m_2$  vc  $m_1$  vd  $m_2$  vd  $m_1$  ve  $m_2$  ve  $m_1$  vf  $m_2$  vf  $m_1$  vg  $m_2$  vg  $m_1$  vh  $m_2$  vh  $m_1$  vi  $m_2$  vi  $m_1$  vj  $m_2$  vj  $m_1$  vk  $m_2$  vk  $m_1$  vl  $m_2$  vl  $m_1$  vm  $m_2$  vm  $m_1$  vn  $m_2$  vn  $m_1$  vo  $m_2$  vo  $m_1$  vp  $m_2$  vp  $m_1$  vq  $m_2$  vq  $m_1$  vr  $m_2$  vr  $m_1$  vs  $m_2$  vs  $m_1$  vt  $m_2$  vt  $m_1$  vu  $m_2$  vu  $m_1$  vv  $m_2$  vv  $m_1$  vw  $m_2$  vw  $m_1$  vx  $m_2$  vx  $m_1$  vy  $m_2$  vy  $m_1$  vz  $m_2$  wa  $m_1$  wb  $m_2$  wb  $m_1$  wc  $m_2$  wc  $m_1$  wd  $m_2$  wd  $m_1$  we  $m_2$  we  $m_1$  wf  $m_2$  wf  $m_1$  wg  $m_2$  wg  $m_1$  wh  $m_2$  wh  $m_1$  wi  $m_2$  wi  $m_1$  wj  $m_2$  wj  $m_1$  wk  $m_2$  wk  $m_1$  wl  $m_2$  wl  $m_1$  wm  $m_2$  wm  $m_1$  wn  $m_2$  wn  $m_1$  wo  $m_2$  wo  $m_1$  wp  $m_2$  wp  $m_1$  wq  $m_2$  wq  $m_1$  wr  $m_2$  wr  $m_1$  ws  $m_2$  ws  $m_1$  wt  $m_2$  wt  $m_1$  wu  $m_2$  wu  $m_1$  wv  $m_2$  wv  $m_1$  ww  $m_2$  ww  $m_1$  wx  $m_2$  wx  $m_1$  wy  $m_2$  wy  $m_1$  wz  $m_2$  xa  $m_1$  xb  $m_2$  xb  $m_1$  xc  $m_2$  xc  $m_1$  xd  $m_2$  xd  $m_1$  xe  $m_2$  xe  $m_1$  xf  $m_2$  xf  $m_1$  xg  $m_2$  xg  $m_1$  xh  $m_2$  xh  $m_1$  xi  $m_2$  xi  $m_1$  xj  $m_2$  xj  $m_1$  xk  $m_2$  xk  $m_1$  xl  $m_2$  xl  $m_1$  xm  $m_2$  xm  $m_1$  xn  $m_2$  xn  $m_1$  xo  $m_2$  xo  $m_1$  xp  $m_2$  xp  $m_1$  xq  $m_2$  xq  $m_1$  xr  $m_2$  xr  $m_1$  xs  $m_2$  xs  $m_1$  xt  $m_2$  xt  $m_1$  xu  $m_2$  xu  $m_1$  xv  $m_2$  xv  $m_1$  xw  $m_2$  xw  $m_1$  xx  $m_2$  xx  $m_1$  xy  $m_2$  xy  $m_1$  xz  $m_2$  ya  $m_1$  yb  $m_2$  yb  $m_1$  yc  $m_2$  yc  $m_1$  yd  $m_2$  yd  $m_1$  ye  $m_2$  ye  $m_1$  yf  $m_2$  yf  $m_1$  yg  $m_2$  yg  $m_1$  yh  $m_2$  yh  $m_1$  yi  $m_2$  yi  $m_1$  yj  $m_2$  yj  $m_1$  yk  $m_2$  yk  $m_1$  yl  $m_2$  yl  $m_1$  ym  $m_2$  ym  $m_1$  yn  $m_2$  yn  $m_1$  yo  $m_2$  yo  $m_1$  yp  $m_2$  yp  $m_1$  yq  $m_2$  yq  $m_1$  yr  $m_2$  yr  $m_1$  ys  $m_2$  ys  $m_1$  yt  $m_2$  yt  $m_1$  yu  $m_2$  yu  $m_1$  yv  $m_2$  yv  $m_1$  yw  $m_2$  yw  $m_1$  yx  $m_2$  yx  $m_1$  yz  $m_2$  za  $m_1$  zb  $m_2$  zb  $m_1$  zc  $m_2$  zc  $m_1$  zd  $m_2$  zd  $m_1$  ze  $m_2$  ze  $m_1$  zf  $m_2$  zf  $m_1$  zg  $m_2$  zg  $m_1$  zh  $m_2$  zh  $m_1$  zi  $m_2$  zi  $m_1$  zj  $m_2$  zj  $m_1$  zk  $m_2$  zk  $m_1$  zl  $m_2$  zl  $m_1$  zm  $m_2$  zm  $m_1$  zn  $m_2$  zn  $m_1$  zo  $m_2$  zo  $m_1$  zp  $m_2$  zp  $m_1$  zq  $m_2$  zq  $m_1$  zr  $m_2$  zr  $m_1$  zs  $m_2$  zs  $m_1$  zt  $m_2$  zt  $m_1$  zu  $m_2$  zu  $m_1$  zv  $m_2$  zv  $m_1$  zw  $m_2$  zw  $m_1$  zx  $m_2$  zx  $m_1$  zy  $m_2$  zy  $m_1$  zz  $m_2$  aa  $m_1$  ab  $m_2$  ab  $m_1$  ac  $m_2$  ac  $m_1$  ad  $m_2$  ad  $m_1$  ae  $m_2$  ae  $m_1$  af  $m_2$  af  $m_1$  ag  $m_2$  ag  $m_1$  ah  $m_2$  ah  $m_1$  ai  $m_2$  ai  $m_1$  aj  $m_2$  aj  $m_1$  ak  $m_2$  ak  $m_1$  al  $m_2$  al  $m_1$  am  $m_2$  am  $m_1$  an  $m_2$  an  $m_1$  ao  $m_2$  ao  $m_1$  ap  $m_2$  ap  $m_1$  aq  $m_2$  aq  $m_1$  ar  $m_2$  ar  $m_1$  as  $m_2$  as  $m_1$  at  $m_2$  at  $m_1$  au  $m_2$  au  $m_1$  av  $m_2$  av  $m_1$  aw  $m_2$  aw  $m_1$  ax  $m_2$  ax  $m_1$  ay  $m_2$  ay  $m_1$  az  $m_2$  ba  $m_1$  bb  $m_2$  bb  $m_1$  bc  $m_2$  bc  $m_1$  bd  $m_2$  bd  $m_1$  be  $m_2$  be  $m_1$  bf  $m_2$  bf  $m_1$  bg  $m_2$  bg  $m_1$  bh  $m_2$  bh  $m_1$  bi  $m_2$  bi  $m_1$  bj  $m_2$  bj  $m_1$  bk  $m_2$  bk  $m_1$  bl  $m_2$  bl  $m_1$  bm  $m_2$  bm  $m_1$  bn  $m_2$  bn  $m_1$  bo  $m_2$  bo  $m_1$  bp  $m_2$  bp  $m_1$  bq  $m_2$  bq  $m_1$  br  $m_2$  br  $m_1$  bs  $m_2$  bs  $m_1$  bt  $m_2$  bt  $m_1$  bu  $m_2$  bu  $m_1$  bv  $m_2$  bv  $m_1$  bw  $m_2$  bw  $m_1$  bx  $m_2$  bx  $m_1$  by  $m_2$  by  $m_1$  bz  $m_2$  ca  $m_1$  cb  $m_2$  cb  $m_1$  cc  $m_2$  cc  $m_1$  cd