



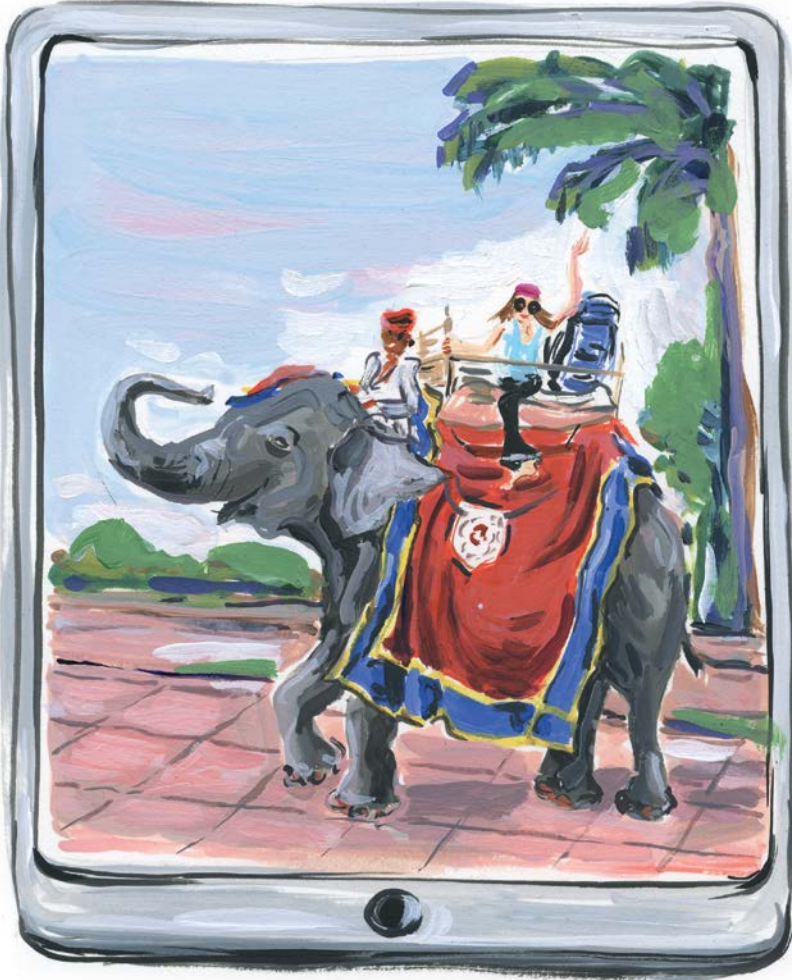
SWISS Magazine

March 2016

Contrastful
Hong Kong

All you can app

Selection & Text: Vanessa Schaub



Handy: Find your way

CityMaps2Go, ulmon.com
App for free, iPhone & Android, D & E



Neu ist sie nicht, die CityMaps2Go-App. Aber mit 7800 Offline-karten von Städten weltweit ein Dauerrenner. Nebst Sehenswürdigkeiten, Restaurants und Hoteltipps zeigt sie Ihnen dank GPS auf wenige Meter genau Ihre aktuelle Position. Viele unserer SWISS Crewmitglieder schwören darauf!

The CityMaps2Go app has been around for a while. With 7,800 offline city and regional maps it's a hit the world over. And the maps don't just show the greatest sights, restaurants and hotels: thanks to GPS, they'll tell you down to a few metres where you are, too. No wonder many of our SWISS crew members swear by it ...

Healthy: Relax your back

PilatesCare, dannybirchler.com
App CHF 3, iPhone & Android



Langes Sitzen ist mühsam und kann zu Rückenschmerzen führen. Die PilatesCare-App zeigt Ihnen 16 Übungen (mit Video), die Sie gleich im Sitzen machen können und Ihnen zu mehr Körperkraft und einer aufrechteren Körperhaltung verhelfen. Gleich ausprobieren? Auf Seite xx zeigt Ihnen Danny Birchler vier Übungen, die Sie sofort testen können.

Spending long spells sitting is not only tiresome: it can give you back pain, too. The PilatesCare app shows you 16 exercises (with videos) that you can do while seated to give your body more strength and you a better posture. Like to sample a few? On page xx Danny Birchler demonstrates four exercises that you can try right now.

Happy: Show your pix

letZi, letziapp.com
App for free, iPhone, iPod & iPad (from iOS 7)



Fotos gucken 2.0: Mit der Foto-Sharing-App letZi (wie «Let's see», zu Deutsch: «Lass mal sehen») gibt es kein Gerangel mehr, wenn man seinen Lieben die neusten Urlaubsfotos zeigen möchte. Denn diese erlaubt es Ihnen, Ihre Fotos von Ihrem iPhone zeitgleich auf den iPhones der anderen im selben Raum abzuspielen – in der Reihenfolge und dem Tempo, die Sie wünschen. Dazu braucht's nicht mal WLAN, nur Bluetooth. Die kostenlose Version lässt einen zehn Fotos auf einmal zeigen, unbegrenztes Staunen gibt's beim Kauf für 2 Franken.

Photo sharing 2.0! The letZi ("let's see") app means no more fights about who gets to view your holiday pictures first. With letZi the photos on your iPhone are immediately shared onto the iPhones of everybody else in the room, so you can show them to everyone at once – in your order, at your pace. No WLAN needed: just Bluetooth. The free version of the app lets you share up to ten photos at a time, unlimited photo shows are yours for just 2 Swiss francs.



Illustrations: Monique Baumann

Well-come aboard

Well-being on board

Text: Danny Birchler / Illustration: Svenja Plaas

Back pain on your travels

Travel – and more specifically the long periods of sitting that it often entails – can be bad news for your back. Stay in the same static body position with little or no movement for prolonged periods, and back pain can result. Added to this, sitting for long spells puts too much pressure on the spine and the associated muscles.

This can lead to severe back tension and, in the worst cases, back pain, too. The lower part of the spine is especially prone to this. So it's very important to prepare your back for travel, and to take good care of it throughout the travel experience. Here are four tips how:



Danny Birchler (who is also working in Corporate Health Management as BSc in Applied Psychology) trains rehabilitation physiotherapists in Switzerland using his special vertebral statics technique.

dannybirchler.com

Relax your lower back

Relax the muscles in your lower back by slowly lifting your pelvis and tilting it forwards and backwards. Do this for about 30–40 seconds.



Stomach muscles

By tensing your stomach muscles and the bottom of your pelvis, you will strengthen not just your posterior muscles but the muscles in your lower back, too. This in turn will give your back more support, and help you sit up straight. Tense the muscles, keep them tense for about 10 seconds and then relax. Repeat eight to ten times, and do this several times a day.



Twist the spine

Relax your chest muscles by rotating your torso. This helps make the chest more supple, and will extend and strengthen the back muscles and the diagonal stomach muscles, too. Be sure to keep your pelvis still as you twist (by holding a book between your knees, for instance). Do this 10 to 15 times for each side.



Lean to the side

Lean to the side (while sitting) to stretch the back extensor muscles, which run from the pelvis to the neck, and the wide back muscle. Hold the lean for 10 to 15

seconds and then lean to the other side. Keep your pelvis still throughout. Repeat the cycle two or three times.

