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Hurricane sammy boxing gym

Share pinterestneed's motivation for going to the gym? How about hard money? With the free iPhone GymPact app, users deposit money and get a piece back every time they check in to the gym —and lose some money when they don't. Here are 62 more of the best and most innovative apps to facilitate health and fitness, regardless of goal. The Takeaway: Log on and tech-up to make health and fitness easier and more fun than ever before. Fuel UpWe've the in depth review on the Nike's fitness tracker, the Nike FuelBand.Turn Up the BeatPop in the headphones and choose the right songs for a great workout boost. People in storm-affected areas who need american cancer society services should call the National Cancer Information Center at 1-800-227-2345. For cancer patients, finding care in the wake of major weather events is challenging – if not impossible. You can help cancer patients who are having trouble getting care during this time of crisis by making a donation. On average, a hurricane is 100 miles in diameter. The average hurricane's eye is 30 miles in diameter. A hurricane is measured using the diameter of the hurricane and the wind speeds it hits. The size and strength of hurricanes vary immensely. A hurricane is measured using the Saffir-Simpson scale, which includes five different categories. Category 1 is the least dangerous hurricane, and produces wind speeds of up to 95 mph. By contrast, Category 5 hurricanes are the most dangerous, with winds reaching more than 157 miles per hour. Category 5 storms often cause severe damage to the impacted area. Hurricanes are made when tropical storms form over sections of the ocean with hot, humid air and enough wind to start a spiral. The primary cause is latent heat from water evaporating from the ocean surface, which causes atmospheric imbalances that can increase wind speed to hurricane levels. These can be more than 150 miles per hour around the eye of the hurricane. Hurricanes are cyclones that form near the equator in the Atlantic or much of the Pacific Ocean. Cyclones along the east coast of Asia are called typhoons. Both form the same way and can make the same kind of destruction in coastal cities. According to NASA, hurricanes start with hot humidity coming out of the ocean. This hot humidity is captured by wind patterns near the surface of the water and forms in a spiral. Storm cells, marked by cumulonimbus, or anvil-shaped clouds, accumulate around the emerging hurricane and draw warm air into the upper atmosphere in an increasingly wind-corkscrew pattern. From there, the hurricane strong winds, massive waves and rapid rains, each dangerous for ships. It's easier for hurricanes to start if weather disturbances, such as storms, are already present. Although hurricanes start in warm ocean, ocean, can reach the coasts and travel great distances from the equator. However, once a hurricane moves into a very cold climate or over the earth, it begins to weaken. Mark Lewis/Photographer's Choice/Getty Images Once a tropical storm is classified as a hurricane, it can last only a day or even a month before it dissipates. Regardless of life, all hurricanes go through a development process called the life cycle. Several factors contribute to its longevity, including air and ocean temperatures, wind speed and other atmospheric conditions. Hurricanes begin as areas of low pressure on bodies of water in the tropics. The hot, moisture-filled air that rises from the water accumulates in the low pressure area, creating storms. Storm masses in tropical low-pressure areas are called tropical disturbances. A tropical disturbance does not yet have the organized wind patterns of a tropical storm or hurricane. If winds in a tropical disturbance begin to organize and circulate around a central area, the system could become a tropical depression. Tropical depressions are named after the low pressure areas in which they form. If wind speed within a tropical depression increases to 39 miles per hour, the system can be classified as a tropical storm. Tropical storms could turn into hurricanes if wind speed increases further to 74 miles per hour. Hurricanes can last between less than a day and up to a month. Typhoon John, formed in the Pacific Ocean in the 1994 season, lasted a total of 31 days, making it one of the longest hurricanes on record. Hurricane Ginger, an Atlantic hurricane, lasted a total of 28 days in 1971 until it was downgraded to a tropical storm. Most hurricanes do not persist for anything close to this duration, often coming out well before making landfall, or shortly after they reach land. No, I don't mean the University of Miami football team, although they're coming too. I mean real hurricanes. Tropical Storm Isaac, with its potential hurricane climb, opens hurricane season in 2012. And if you're planning trips during the fall —especially near the southeastern United States or the Caribbean—you need to add the possibility of hurricanes to your mix of travel planning. Part of the problem is money: Every time you pay in advance for any travel service, you have money at risk, and you want to make sure that if a hurricane threatens your travel plans, you make the best decisions for yourself. But the other part of the problem is your travel experience: Even if your travel plans aren't interrupted, bad weather may be enough to make you reconsider your And different suppliers treat hurricane problems differently. Airlines. If you have an airticket to/from a potential impact area, airlines generally allow you to reschedule your trip without penalty, no fees and no change But they offer very little flexibility: you can change flights originally booked for specific routes and dates, but usually for only two or three days, and your replacement trip should usually start within a week or more of your original dates. If you prefer to wait beyond the airline's tight deadlines or make other changes, you'll face some combination of exchange rates and possible fare increases. If you wait until the time of departure and your airline actually cancel your flight, you can get a full refund of even a non-refundable ticket. But you have less flexibility if you decide several days in advance that you prefer to abort the trip. HOTELS AND RESORTS. Each hotel and resort defines its own policies. But in a non-refundable advance booking prepayment, many offer only one credit for a future stay, not a full cash refund. And the future stay may have a tight time limit. CRUISE LINES. Typically, one-sided cruise contracts, which are called adhering contracts, allow cruise lines plenty of leeway in how they respond to hurricanes without giving them the option of a refund. They rarely cancel immediately; instead, they jump programmed doors, replace doors, leave sooner or later, and adapt otherwise. When cruise lines replace a major itinerary change, some will volunteer to allow you to cancel and receive a voucher for a future cruise or on-board credit, but no law requires them to do so. In addition, cruise lines are often quite difficult to make changes: When a scheduled cruise significantly changes the itinerary, you may come across a pick-up or leave without a refund or reschedule option. TRAVEL INSURANCE. Most travel cancellation insurance (TCI) is fairly narrow about covered reasons for cancellation, and hurricane is not always one of them. The time that makes your destination uninhabitable or forces your airline to close completely is almost always included as a covered reason, but not the time that just makes the conditions at your destination unpleasant. And most do not include changed cruise itineraries as covered reasons for cancellation. Also, deadlines are typically limited: you can't cancel just because of a tropical storm that could become a hurricane. Fortunately, however, you have some insurance options: Some policies come into play as soon as an official hurricane warning is issued for your destination or cruise area, but others don't pay until a hurricane actually hits. Protect yourself by looking for a policy that includes a warning as a covered reason. An even better bet is a TCI policy for any reason. Although these policies are more expensive, they are your only option to cancel without waiting until it's too late to do anything else. Obviously, for those who plan to travel in areas in or near the path of a hurricane, the motto is To continue checking the forecasts and your supplier's website. Suppliers are very good at posting their current cancellation, delay and rebooking provisions. Ed Perkins Seniors on the Go is copyright (c) 2012 Tribune Media Services, Inc. You may also like it: We have chosen everything we recommend and select items through tests and evaluations. Some products are shipped free of charge to us without incentive to offer a favorable review. We offer our impartial opinions and do not accept compensation for reviewing products. All items are in stock and prices are accurate at the time of publication. If you buy something through our links, we can earn a commission. The two essential ingredients in each hurricane are hot water and hot, humid air. That's why hurricanes start in the tropics. Many Atlantic hurricanes begin to take shape as storms along Africa's west coast drift over warm ocean waters that are at least 80 degrees Fahrenheit (27 degrees Celsius), where they encounter converging winds around the equator. Other hurricanes originate from pockets of insurable air emerging in the Gulf of Mexico, where it finds cooler air that causes hot water vapor to condemn itself and form storm clouds and raindrops. Condensation also releases latent heat, which heats the cold air above, causing it to rise and cleave the warmest, wettest air in the ocean below. As this cycle continues, the hottest and wettest air is drawn into the developing storm and more heat is transferred from the ocean surface to the atmosphere. This continuous heat exchange creates a wind pattern that spirals around a relatively calm center, like water spinning down a drain. Convergent winds near the surface of the water collide, pushing more water vapor upwards, increasing hot air circulation, and accelerating wind speed. At the same time, strong winds constantly blowing at higher altitudes pull hot air away from the center of the storm and send it spinning to the classic hurricane cyclone pattern. High-pressure air at high altitudes, usually above 9,000 meters, also wards off heat from the center of the storm and cools rising air. As high-pressure air is drawn to the low pressure center of the storm, the wind speed continues to increase. As the storm builds from a storm to a hurricane, goes through three distinct stages based on wind speed: Tropical depression: wind speeds below 61.15 kilometers per hour)Tropical storm: wind speeds of 39 mph to 73 mph (73 mph) 62.7 6 km/h at 117.48 km/h)Hurricane: winds with a speed exceeding 119.09 km/h Scientists agree with the mechanics of hurricane formation, and they agree that hurricane activity can increase area over a few years and die elsewhere. That's where the consensus ends. Some scientists believe that the contribution of human activity to global warming (rising air and water temperatures worldwide) is facilitating the formation and creation of destructive force. Other scientists believe that any increase in severe hurricanes in recent decades would be due to natural salinity and profound temperature changes in the Atlantic —part of a natural environmental cycle that shifts back and forth every 40-60 years. For now, climatologists are busy examining the interactions between these facts: air and water temperatures are rising around the world. Average global temperatures reached a record high in 2016. Human activities such as deforestation and greenhouse gas emissions from a wide range of industrial and agricultural processes are contributing to these temperature changes at a higher rate today than in the past, hurricane activity in the Atlantic basin has been in relative calm for many years. Pacific typhoons (hurricanes in the Pacific basin), on the other hand, have increased in frequency and severity.

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