

Colocation Demistified

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Table Of Contents Page What is colocation 4 When choosing a colocation provider 7 The Basics On Colocation 10 Disadvantages of colocation 14 A Colocation Must 17 Advantages of colocation 20 Before you get colocation services 23 Choosing A Colocation Provider 26 Choosing Your Colocation Backup 30 Colocation And Systems Redundancy 33 Colocation Extras 36 Colocation Magnified 39 Colocation Managed And Unmanaged Services 42 Colocation Myths Exposed 46 Colocation Pros And Cons 50 Colocation Security 54 Costs related to colocation 58 Dedicated hosting vs colocation hosting 61 Understanding colocation more 64 Extra fees in colocation 67 Is Colocation Right for Your Business 70 Managed and unmanaged colocation 74 The Benefits Of Colocation 77 Tracking Colocation 81 Two Faces Of Colocation 84 What is colocation Internet has altered the business landscape these days. Now, companies need to take care of Information Technology aspects of their businesses. If you are running a small, home-based, or medium-sized enterprise, you surely are very much concerned about Web hosting. Other than that, you may be considering collocation. What exactly is collocation? Is it necessary? To begin with, colocation is a Web hosting option specifically designed and structured for small businesses. The service is particularly suited for minor firms that aim to enjoy features of huge IT departments, but without the adjoining and appropriate costs. Most huge corporations and businesses invest in major online infrastructures so they could be able to host their very own Web servers. They even employ numerous IT professionals who manage and at the same time design their online sites. Small and independent running companies are usually not capable to do the same. That is because logically, such minor businesses need to take care of other operational costs. Their capital and resources are limited. However, for such small firms, there is currently a broad range of options from simple Web hosting to running Web servers from a dedicated online connection. One option for the latter is collocation. There are more than enough reasons why small businesses prefer to use colocation. Colocation is allowing a small business to place its own server machine into another business rack. They may agree to share a single bandwidth. In general, colocation is costing more than the usual and standard Web hosting. However, it is less costly compared to the amount needed to buy and operate a bandwidth on your own.

Once a machine set up is oriented, it could be physically relocated to the site of the colocation provider. This way, it has to be installed into the rack of the bandwidth owner. Another option is to rent an online server machine from the bandwidth owner or colocation provider, which then gets the responsibility to provide an IP, power, and bandwidth into your business own server. When the system gets up and running, your business could easily and conveniently access it just like you could access a Website within the domains of a Web hosting provider. This way, it could be easily inferred that colocation is an important process that small businesses should opt for. If a small firm is aiming to save on costs but could not afford not to own a bandwidth or server, colocation truly is a necessity. Small companies that need to run blogs or personal Websites do not need colocation. Instead, they could opt for Web hosting services. If a server is required because there is a need for more robust online operations than what Web hosting could provide, colocation is the best option to take. One word of caution, though. It may be difficult to find and deal with colocation providers. A business operating in a community where there are other existing businesses may proceed to ask other larger companies if they are offering colocation services for small players.

Your Guide to Healthy Eating Table of Contents INTRODUCTION 3 CHAPTER 1 4 EATING FOR A HEALTHIER YOU 4 Variety The Spice of Life 6 Foods Working Together 8 CHAPTER 2 10 PLANNING HEALTHY MEALS 10 Getting the Family Involved 11 Get Prepared 12 Eating for Maximum Nutrition 13 Healthy Snacks 14 Taking Your Lunch With You 16 CHAPTER 3 19 UNDERSTANDING NUTRITION 19 Fats 19 Carbohydrates 21 Antioxidants 23 Choosing Low Fat and High Fiber Foods 25 Understanding Portion Sizes 28 Tips for Healthier Living 29 Tips for Choosing Fruits and Vegetables 30 Get Fishy in Your Diet 30

Introduction Everyone knows that there is something that they could change in their life to become healthier. For most people, its getting more exercise and eating a healthier diet. But, how do you know if you are eating healthy or not? There are so many different diets and strategies on the market, how do you know what to do? This eBook is designed to provide you with some basic guidelines to become a healthy eater as well as some tips on how to begin changing your eating habits. For example, breakfast is incredibly important and many people dont give it its due. You need to eat breakfast to literally break the fast. Unfortunately, many people skip breakfast and they are so hungry by the time lunch comes around that they eat like theyve never eaten before. Then they have a slump and want to take a nap. Eating healthy and with good eating habits can solve these types of problems. Being a healthy eater requires that you become educated and smart about what you put in your mouth. You really

are what you eat, so if you eat a lot of fats, well, you know what happens. However, being food smart doesn't mean that you have to learn all of these different calorie-counting strategies or that you have to study labels. Healthy eating is about balance and moderation. This eBook is your guide to learning to eat healthy and how to balance out your meals. It will show you how you can eat healthy, lose weight and begin to have a better overall feeling of healthiness in your life. This doesn't mean that you have to give up your favorite foods, but you will learn how to make your favorite foods part of a healthy lifestyle.

Chapter 1 Eating for a Healthier You Most people know they need to improve their diets in one way or another. They also recognize how difficult this is when you drive down the street and you see a McDonalds on every corner or a line of fast food restaurants. Our lives have all become about convenience and in exchange for convenience we have become the most obese country in the world. With our instant gratification lifestyles we also know that eating healthy can be a challenge. However, it doesn't have to be this way and there are steps that you can take to balance out your life so that you can enjoy a Happy Meal with the kids on occasion. Making your everyday diet healthier will allow you to improve the way you look, as well as the way you think. It's never too late to change your eating habits, you just have to have the personal motivation to do it.

Is Your Diet Healthy Enough? Everyone wants a healthier diet, but with all of the conflicting nutrition information in the media it is hard to determine what type of diet is healthy. There are many factors that contribute to a healthy diet. It is important to evaluate the current diet that you eat before you embark on a plan to become a healthier eater. Begin by asking yourself these simple questions: Do I eat a variety of different foods? Variety is one of many important parts of a healthy diet. It is important to eat foods from all of the food groups. If you find yourself avoiding certain food groups, such as fruits and vegetables, then it may be time to adjust the way you eat. Do I eat fruits and vegetables? It is important to choose from a variety of different fruits and vegetables. In fact, you want to get all of the different colors of these foods in your diet because each offers their own unique vitamins and minerals that are essential to your diet. Eat dark greens, reds, oranges and yellows. Do I eat breakfast? The absence of breakfast is a good indicator that you are not eating very healthy. If you don't eat breakfast you need to begin working on that aspect of your diet, as your body may think that it's starving. Do I choose low fat foods over high fat foods? There are low fat alternatives in a variety of foods including all dairies and meats. A great way to avoid a lot of fat is to prepare your own meals instead of eating prepared foods such as TV dinners. Do I drink a lot of water? Water is the foundation to life. Your

body needs plenty of water and is important for maintaining a healthy diet. If you drink a lot of soda or coffee, you may be dehydrating yourself. Am I able to maintain my ideal body weight? Gaining weight without trying is a sign of a poor diet. Following a healthy diet and getting regular exercise is the best way to lose weight and keep it off. Do I limit the amount of salt, sugar, alcohol and caffeine that I consume? These are okay in moderation, but a lot of people use these in excessive amounts. These four elements can wreak havoc on a healthy diet.

Your Guide to Healthy Eating Table of Contents

INTRODUCTION 3

CHAPTER 1 4 EATING FOR A HEALTHIER YOU 4 Variety V The Spice of Life 6 Foods Working Together 8

CHAPTER 2 10 PLANNING HEALTHY MEALS 10 Getting the Family Involved 11 Get Prepared 12 Eating for Maximum Nutrition 13 Healthy Snacks 14 Taking Your Lunch With You 16

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