



RSS Feeds

What is RSS?

RSS (Really Simple Syndication) is a family of web feed formats used to publish frequently updated content such as blog entries, news headlines or podcasts.

How does it work?

An RSS document (called a "feed") contains either a summary of the content on a web site or the full text. The RSS reader or software you use checks the subscriptions regularly for new content and automatically downloads any updates.

What is the benefit to me?

RSS makes it possible for you to keep up with your favorite web sites in an automated manner. Feeds can be piped into RSS readers, modern browsers, and email software.

How do I know if a web site offers an RSS subscription?

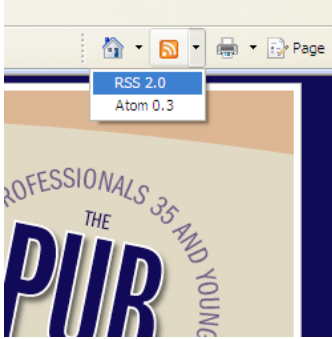
Look for a button on the site that displays the RSS icon (📡) or a text link that uses the words *RSS*, *subscription* or *syndication*. The URL given is the RSS feed, and it is this piece you are actually subscribing to. On blogs, you can often subscribe to the comments as well (usually a separate subscription from the main posts, however).

How do I subscribe to an RSS feed?

For our purposes, instructions are on the back of this sheet for Internet Explorer 7. There are many third-party RSS readers and web-based services out there that you can switch to later when you become familiar with setting up and managing RSS feeds.

Where can I get more information?

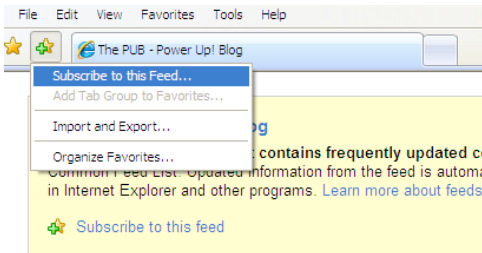
Simply type "rss feeds" into a search engine and you will be presented with a multitude of information on the topic. You can also check out our blog and RSS articles on the Power Up! Blog (www.powerupblog.com).



STEP 1

If the RSS feed icon (on the toolbar of IE 7) is orange/active, it means the web site you are viewing contains some type of RSS feed. Click the drop-down arrow to view the options. The preference would be RSS 2.0.

After you choose a feed, the look and feel of the web site may change. If it does, this is the information contained in the RSS feed. Some sites maintain the graphical look; most do not.



STEP 2

On the opposite side of the toolbar, click the "Add to Favorites" icon, and then from the drop-down menu, choose "Subscribe to this Feed." You will get a pop-up window asking you to name the feed.

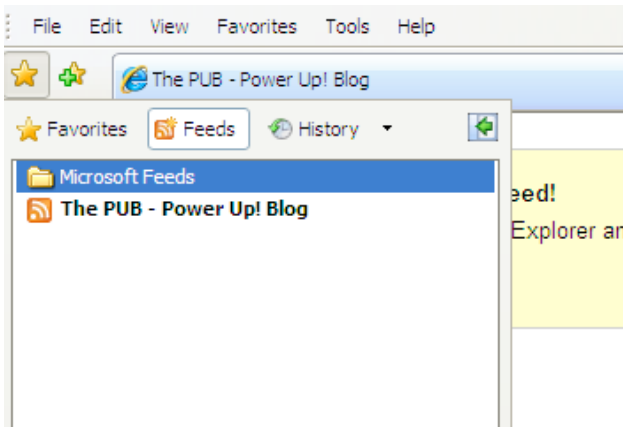
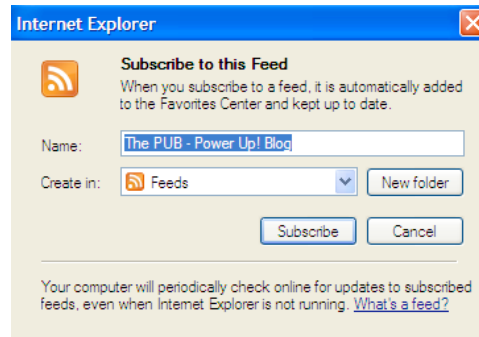
Click the "Subscribe" button.

10 Tips on How to Maximize Your Time

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Is anyone familiar with the Eucalyptus Spearmint S happens to be one of my favorite "splurges" and yo the label reads, "Think clearly. Eucalyptus Essenti



STEP 3

To check your feeds, click on the "Favorites" icon on the toolbar and go to the "Feeds" tab. It should indicate if anything new has been found (in this example there isn't anything new).

Click the link of a feed to jump right to it, or hover over a link until the "Refresh" icon appears to force the subscription to check for new content.