
Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The walking program significantly improved the women's physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the women's quality of life, as measured by the SF-36. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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Barthes and Utopia Diana Knight,1997 Barthes and Utopia explores the central role of utopias throughout the work of Roland Barthes from demystification to structuralism from textuality and sexual hedonism to his final preoccupation with love and mourning Utopia mediates the supposed phases of Barthes career just as it mediates the two sides of his work which are often misleadingly separated his political and ethical concerns his desire to invent social values for the world and his creative project of writing In short to take detours via hypothetical utopias was Barthes s way of writing the world Diana knight follows him through the everyday spaces of Mythologies through euphoric visions of the city through the semiological and sexual utopias of the orient to the metaphorical south west of his childhood and the writerly maternal spaces of his late work The range of texts studied in Barthes and Utopia is unusually wide and incorporates discussion of the plans for his so called Vita Nova Barthes s final mysterious writing project Barthes and Utopia takes us to the heart of Barthes s imaginative processes of his affective world and idiosyncratic value system But because Utopia is the meeting point of Barthes s lifelong concern with the relationship between history language and sexuality this study also inserts Barthes s work into larger political and theoretical concerns in particular into ongoing debates around Orientalism and homosexuality

Frommer's Comprehensive Travel Guide Darwin Porter,1993 Worldwide Brochures ,1996 Cityscaping Therese Fuhrer,Felix Mundt,Jan Stenger,2015-05-19 The term cityscaping is here introduced to characterise the creative process through which the image of the city is created and represented in various media text film and artefacts It thus turns attention away from built urban spaces and onto mental images of cities One focus is on the question of which literary visual and acoustic means prompt their recipients spatial imagination another is to inquire into the semantics and functions that are ascribed to the image of a city as constructed in various media The examples of ancient texts and works of art and modern literature and films are used to elucidate the artistic potential of images of the city and the techniques by which they are semanticised With its interdisciplinary approach the volume for the first time makes clear how strongly mental images of urban space both ancient and modern have been shaped by the techniques of their representation in media

Indonesia Stephen Backshall,2003 This newly designed edition

includes a full colour section at the front of the guide featuring the authors selected highlights of the country Throughout there is in depth coverage of all the sights from Bali s stunning white beaches and temples to the enigmatic ruins of Java and the jungles of Sumatra There are first hand recommendations of the best places to surf dive and trek and comprehensive listings of the best value accommodation and eateries for all budgets A detailed contexts section provides the reader with informed background on Indonesia s history religions and music

Art Lover's Travel Guide to American Museums Judith Swirsky, 2001 With over 750 listings this travel guide to American art museums provides a directory of permanent collections and a year of special exhibitions Organized by state and city by city there is practical information about each venue s hours ticket prices handicap accessibility and facilities in addition to concise descriptions of collections and special shows A calendar of temporary exhibits is provided for each museum There are additional indexes of travelling exhibition itineraries and exhibits featuring Acoustiguide tours

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Travel Guide, German Democratic Republic Verlag Zeit im Bild, 1979

Consuming Identity John Patrick Taylor, 1998

Going Nowhere Wei-En Tan, 2007

Journal of Marketing , 1999 Apr issues for 1940 42 include Papers and proceedings of the semi annual Dec meeting of the American Marketing Association 1939 41

Culture and Customs of the Czech Republic and Slovakia Craig Cravens, 2006-08-30 Discusses the traditions culture religion media literature and arts of the Czech Republic and Slovakia

Eastern Horizon , 1962

Traditional Communities, Transnational Lives Lynn Meisch, 1997

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ASTA Travel News American Society of Travel Agents, 1948

Independent Travellers Greek Island Hopping, 2000 Frewin Poffley, 1999-11

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