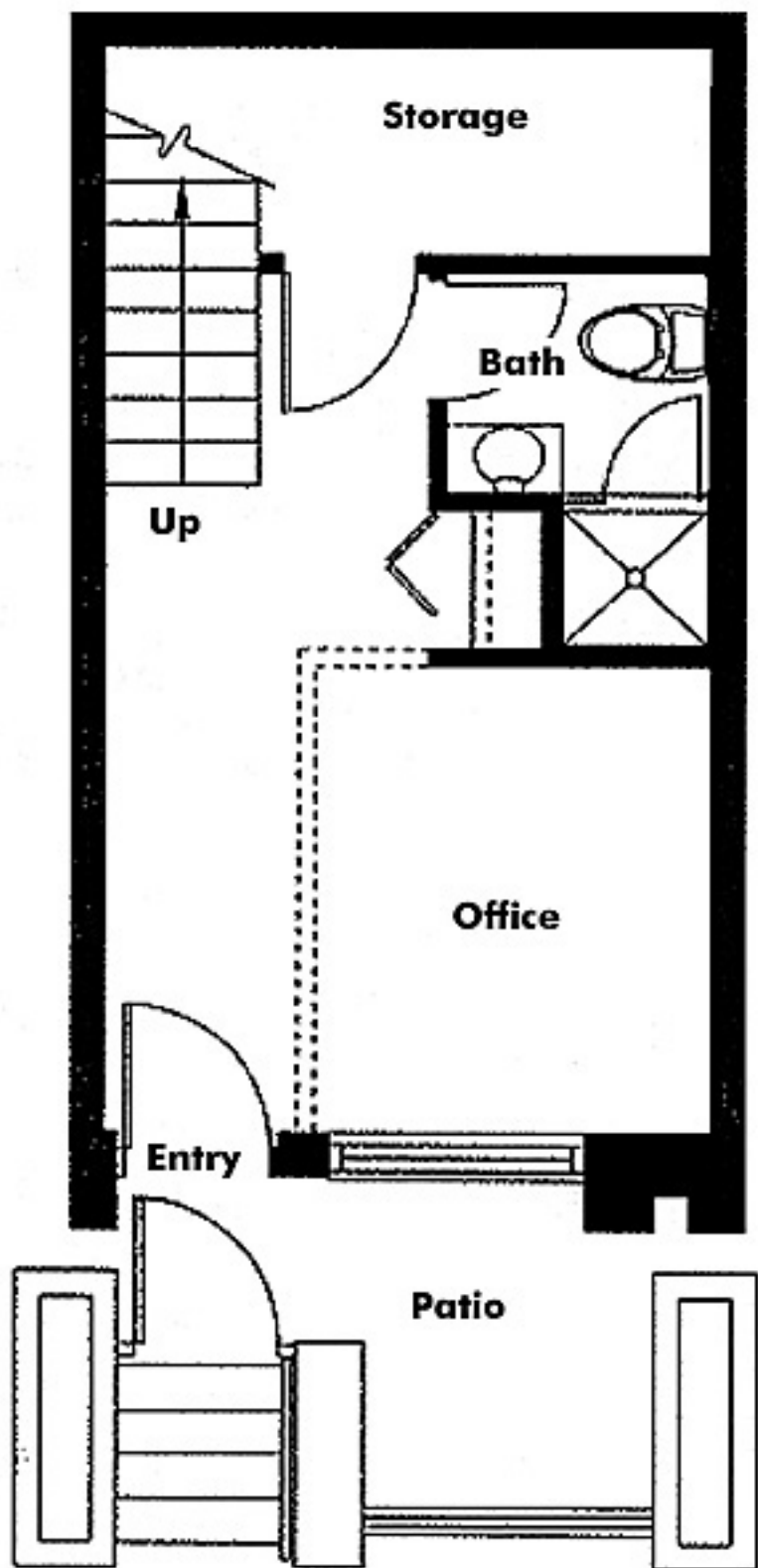
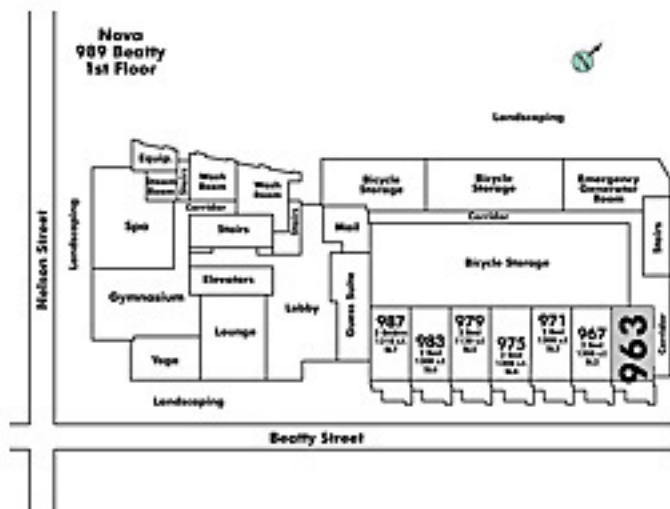
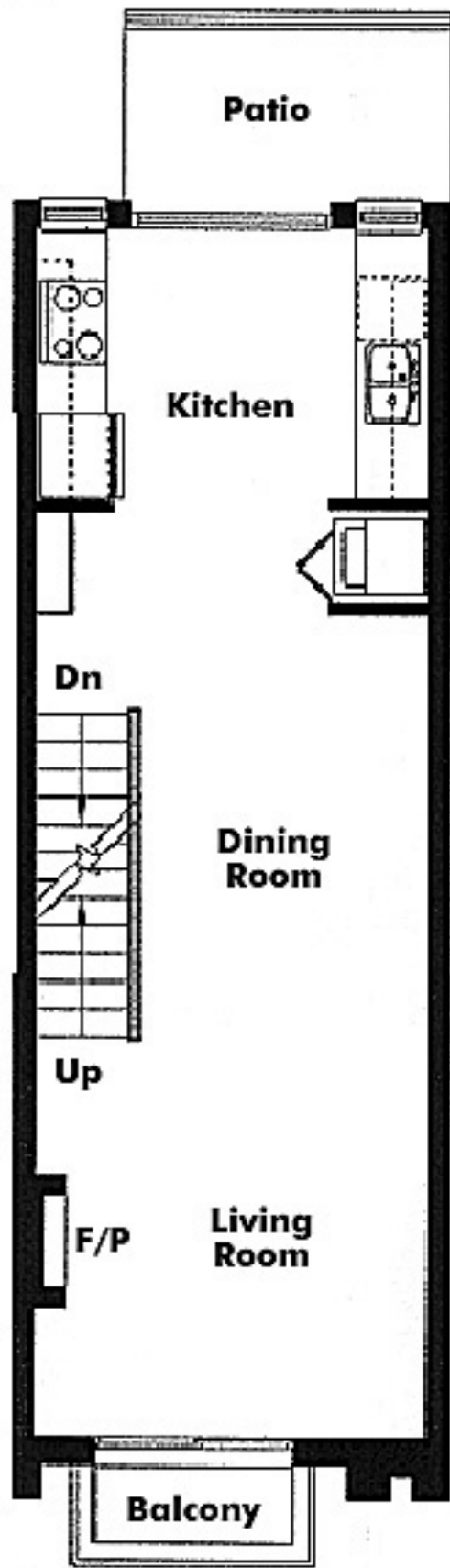
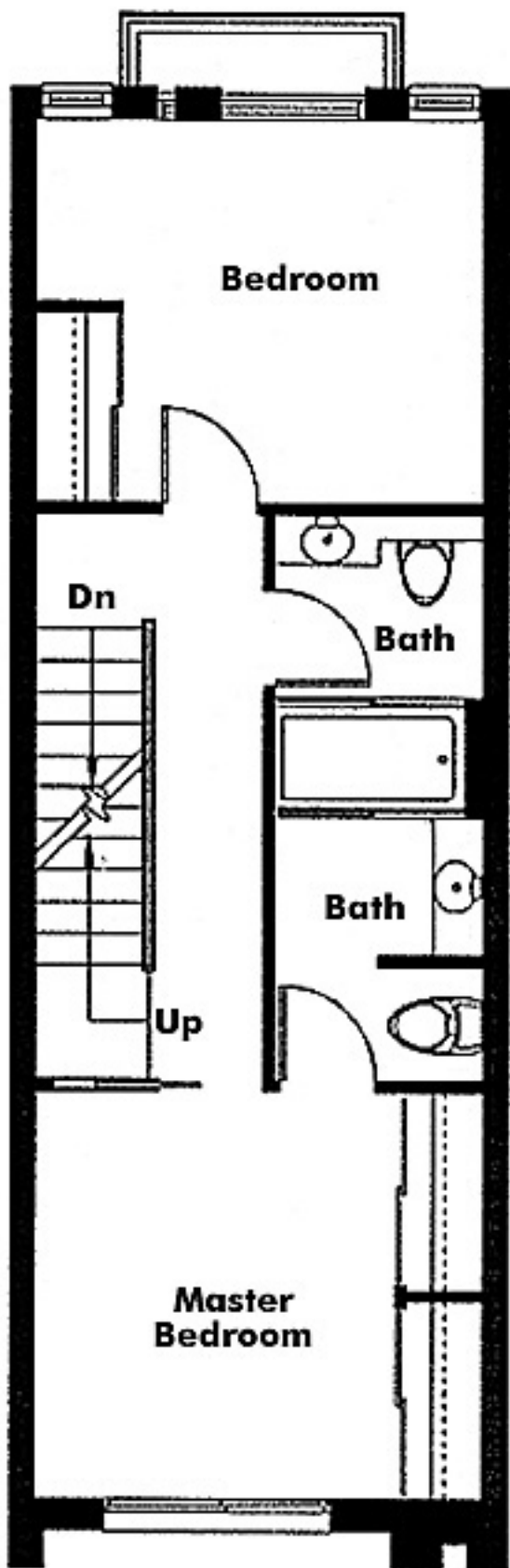
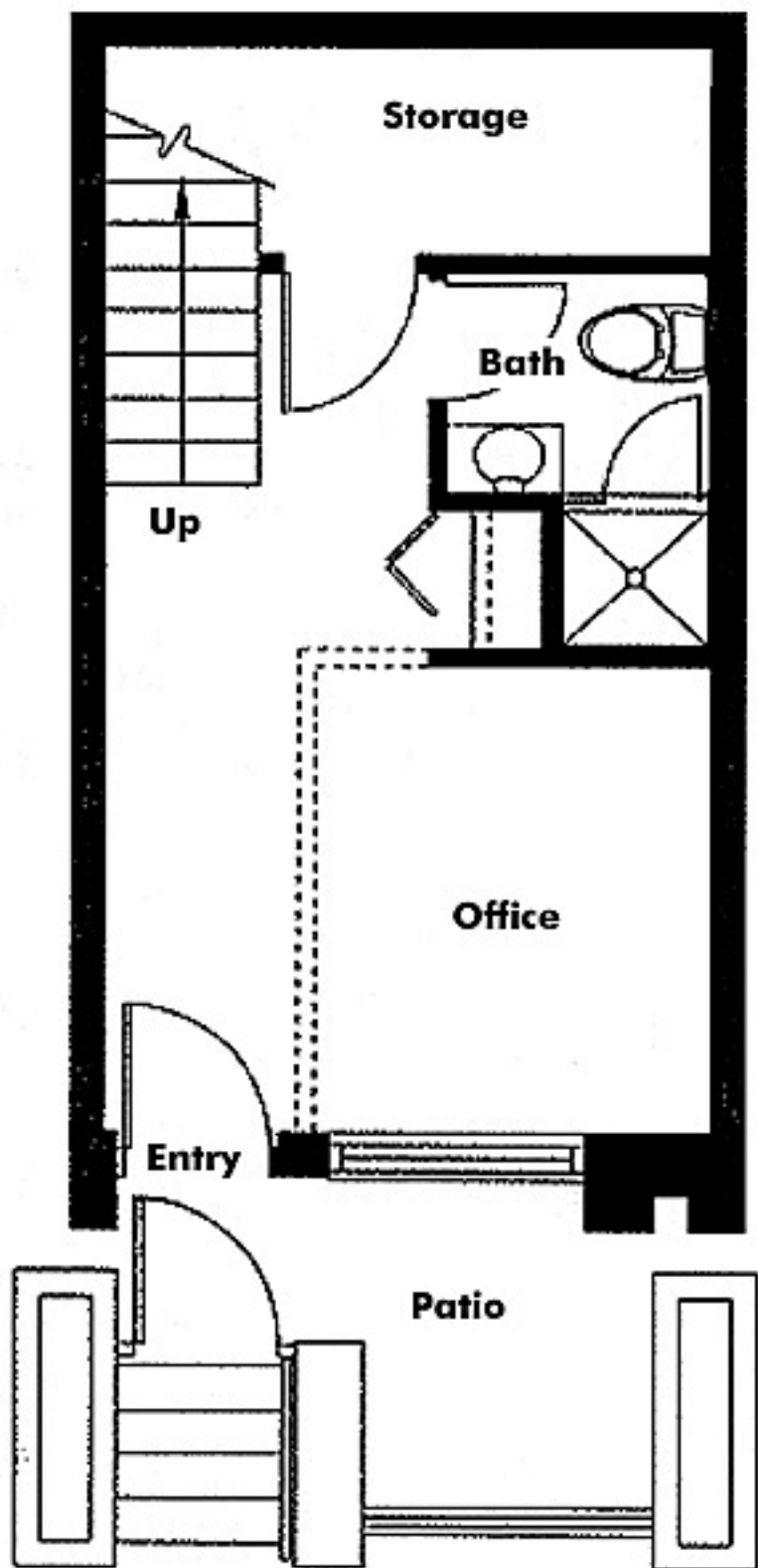
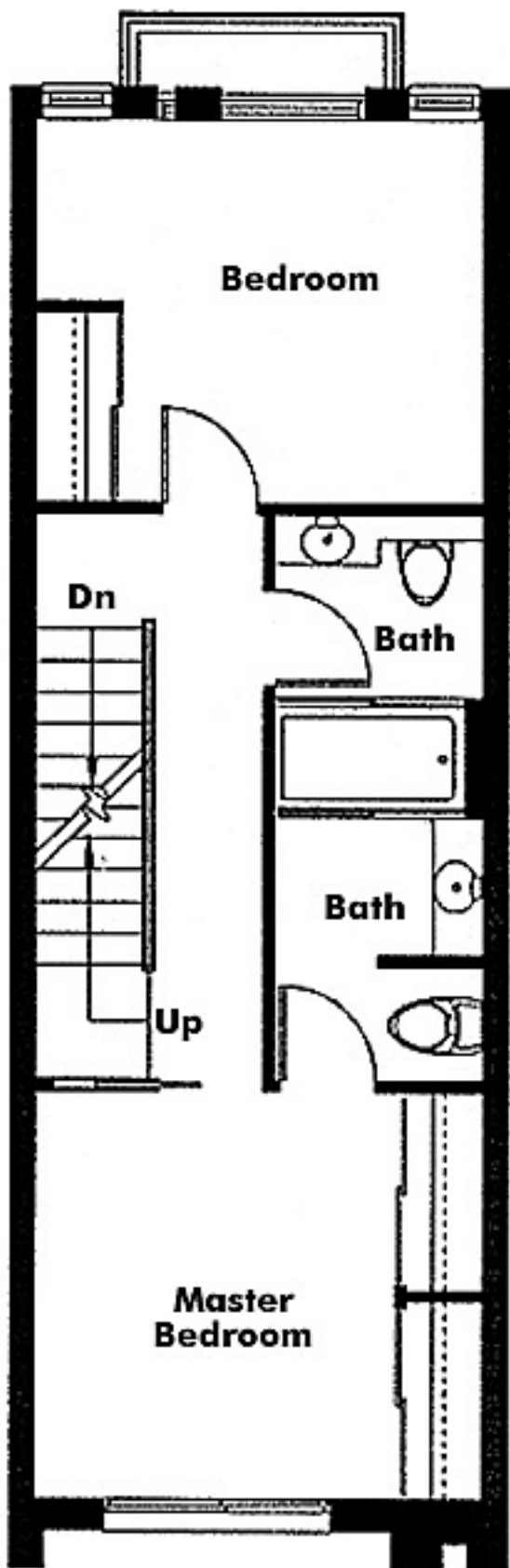


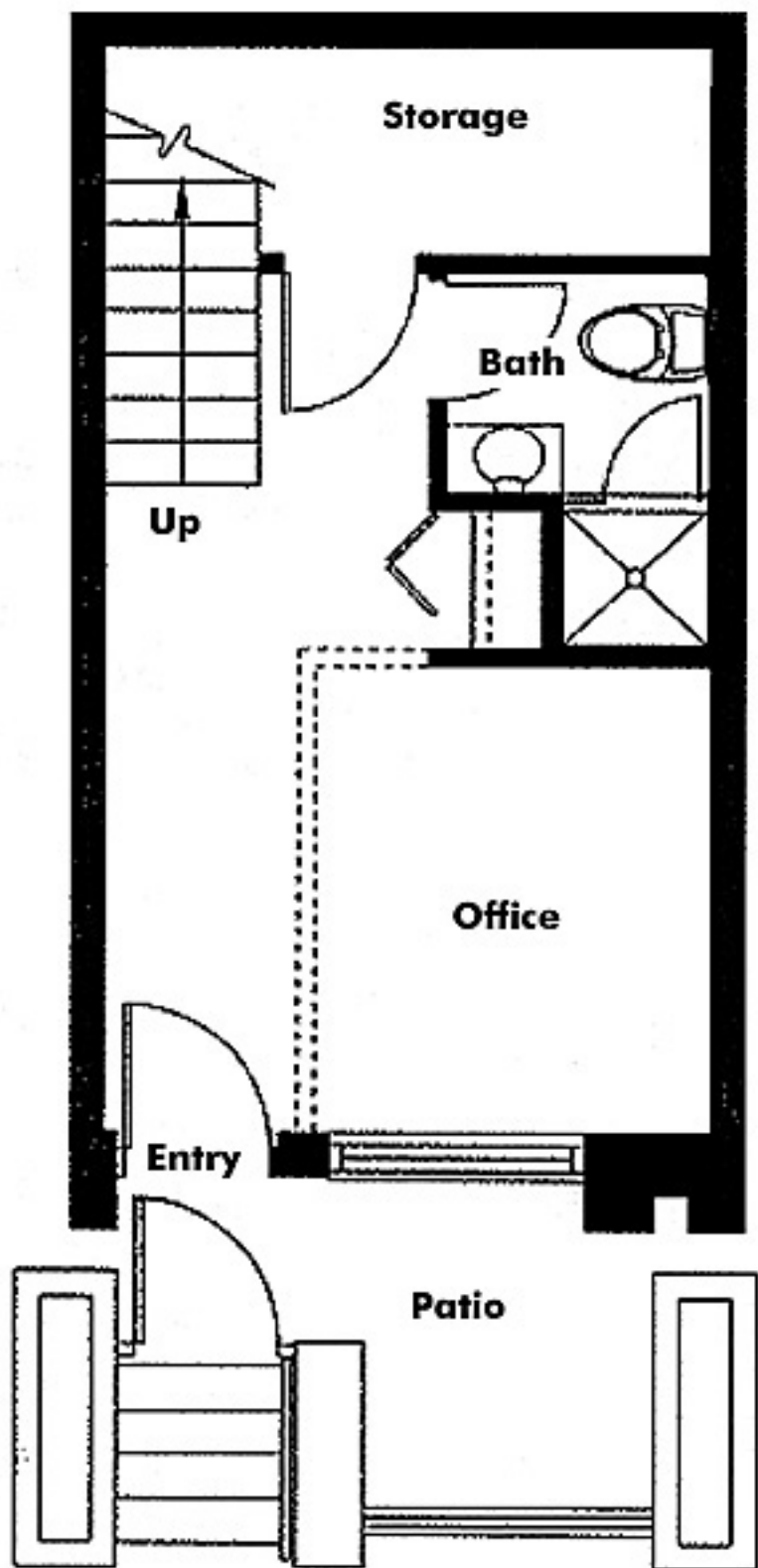


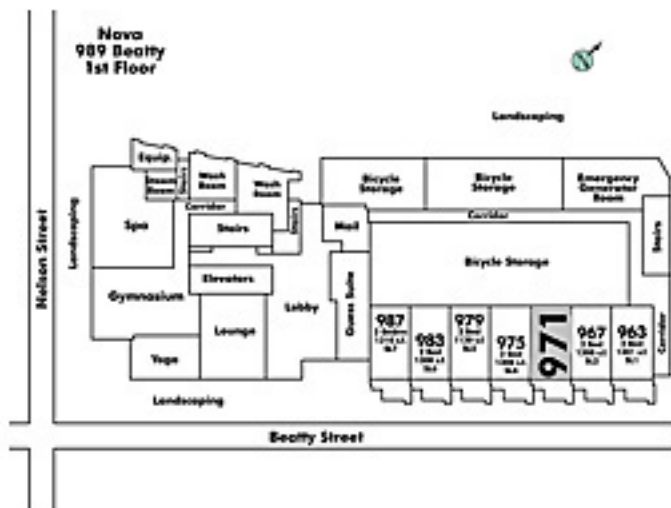
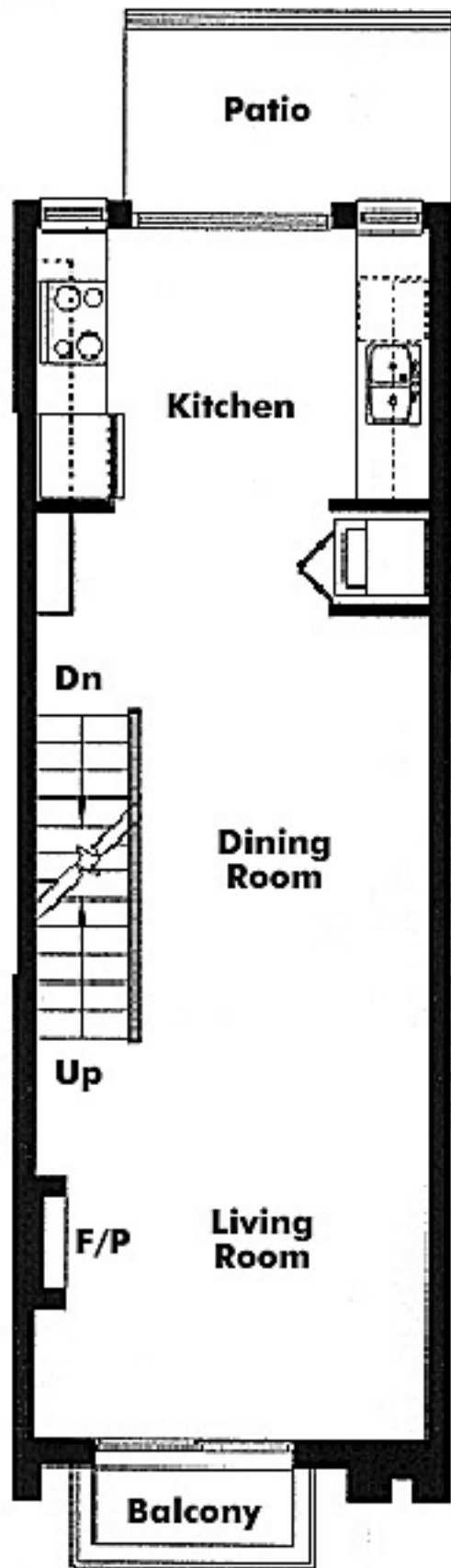


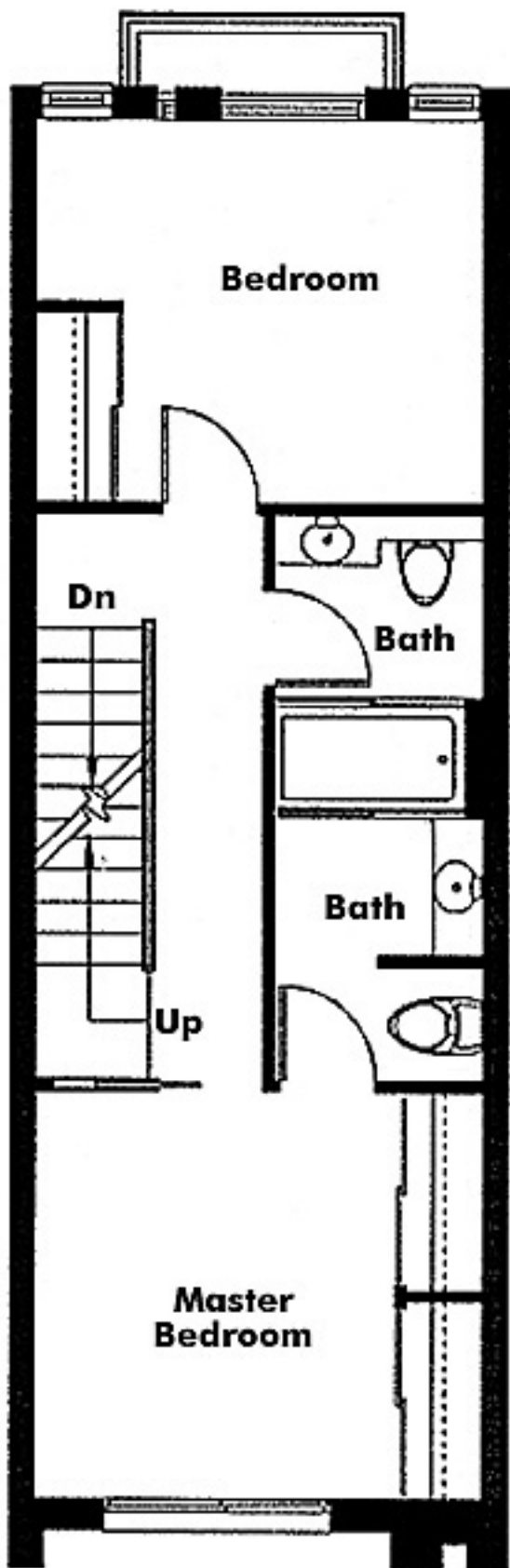


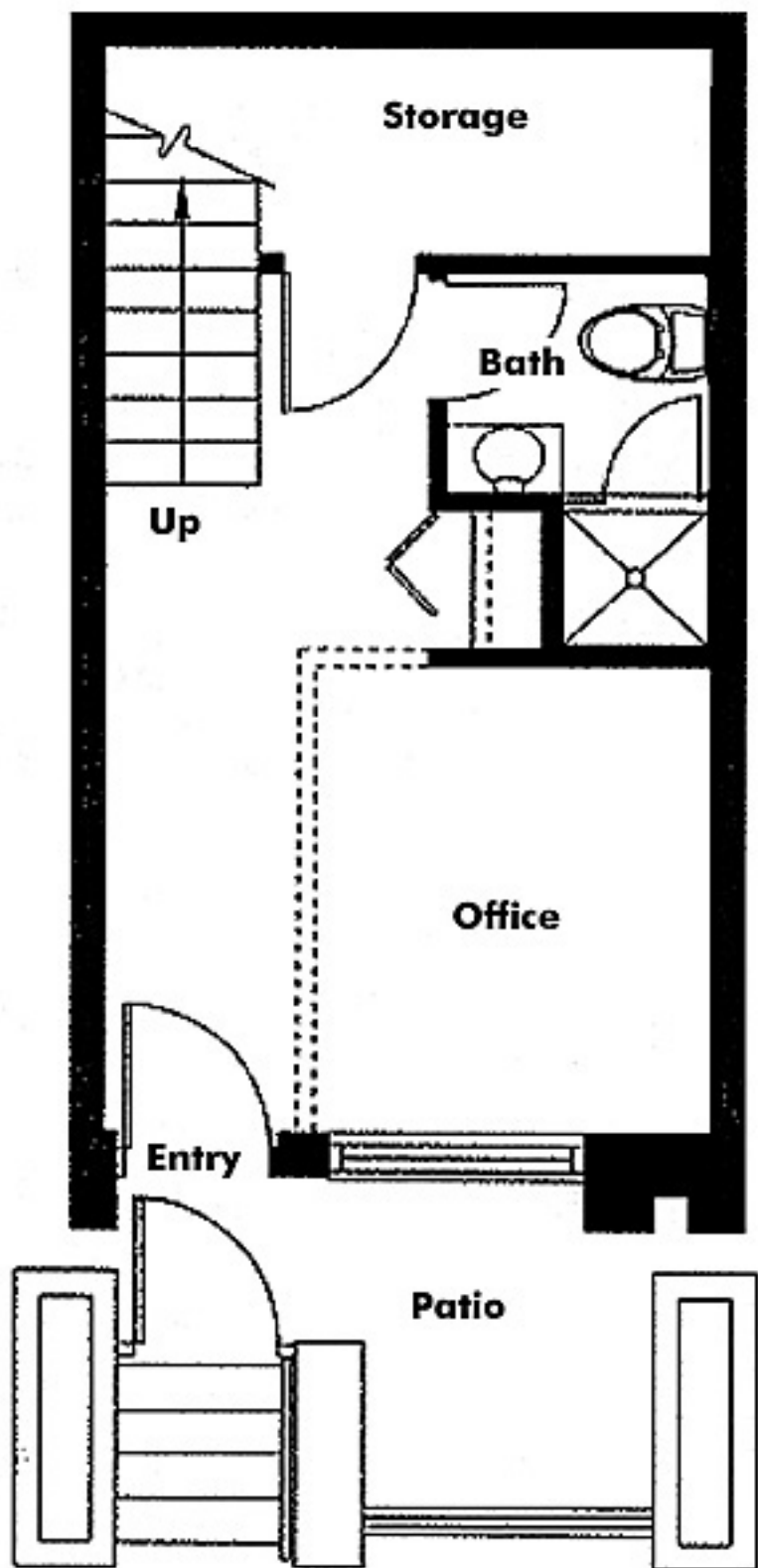


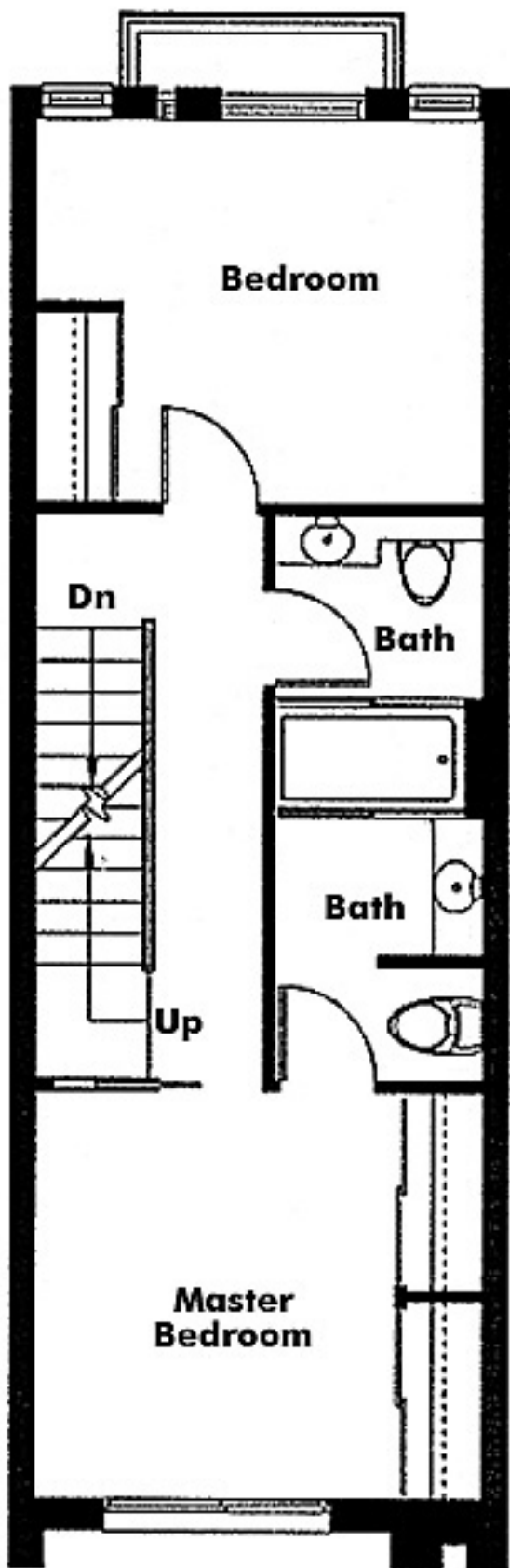


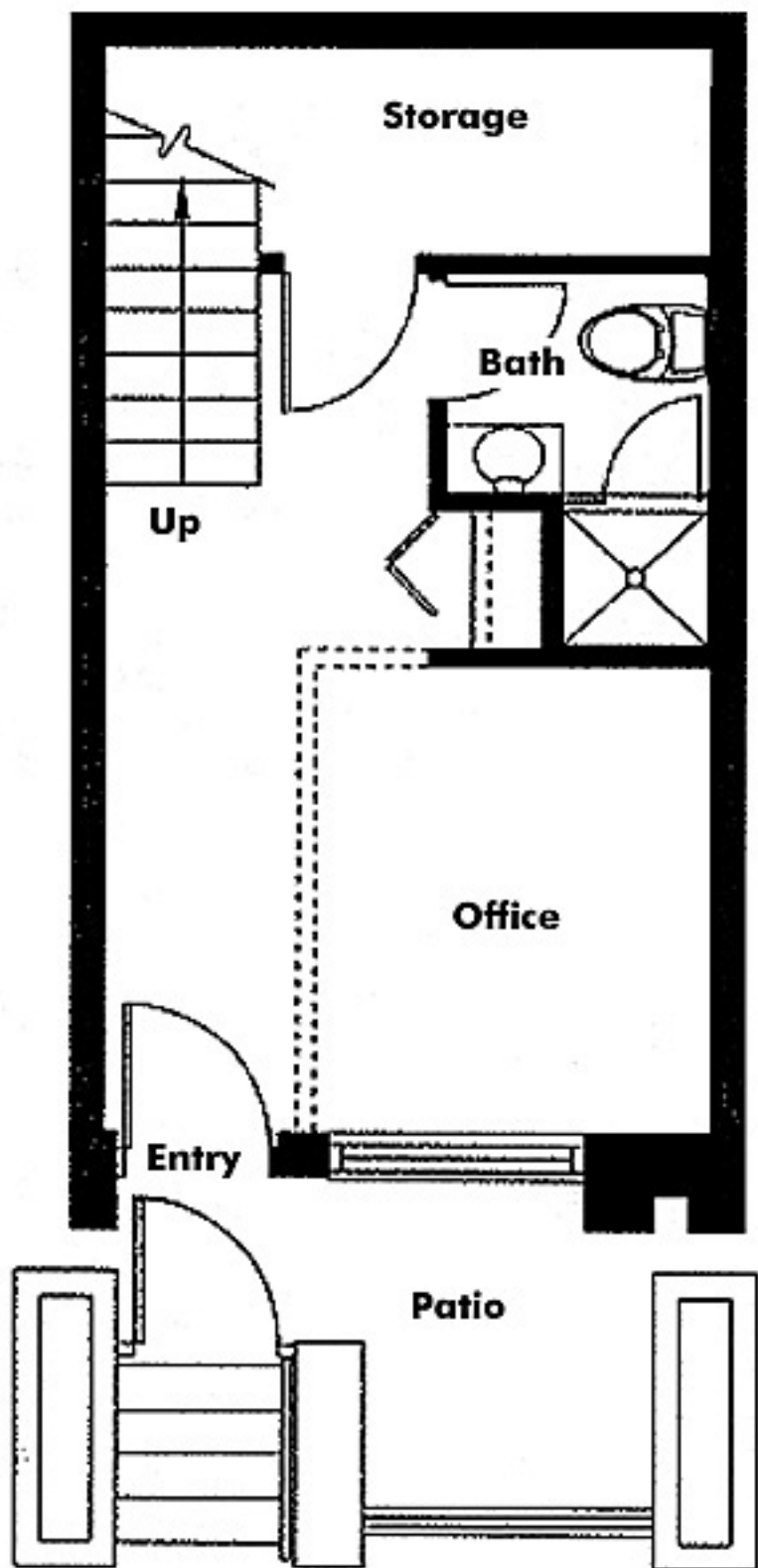


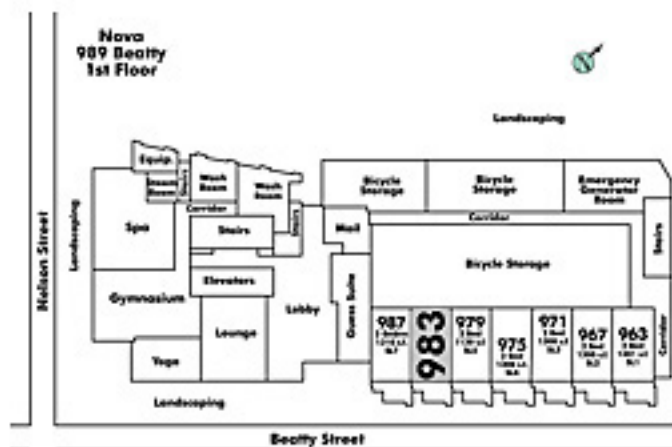
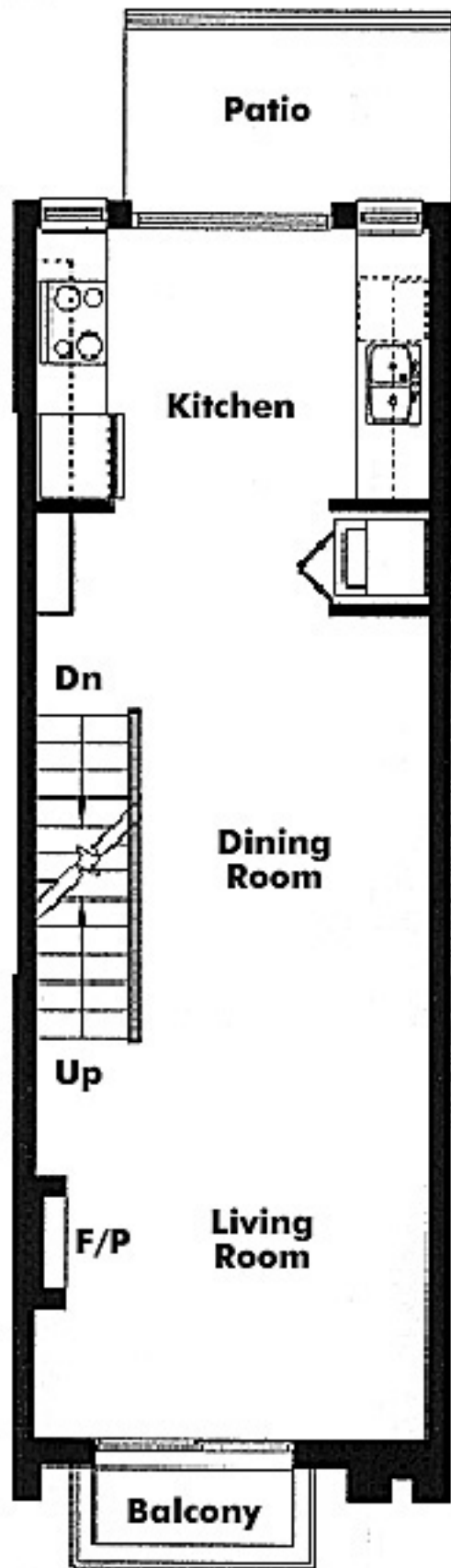


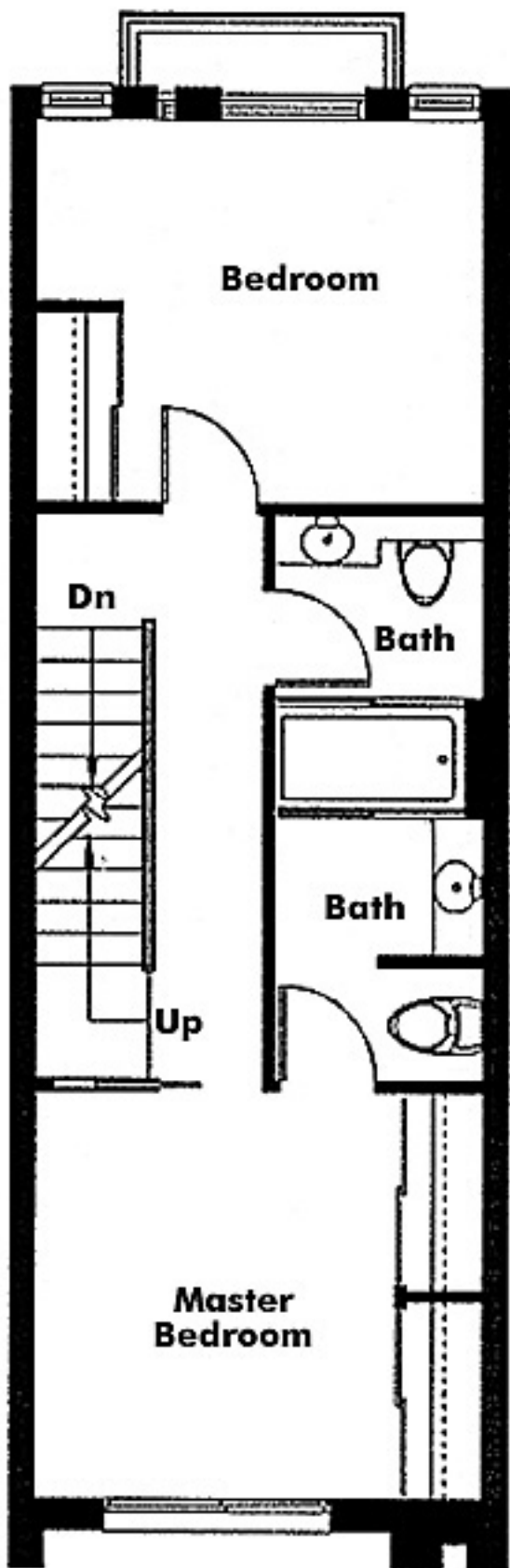


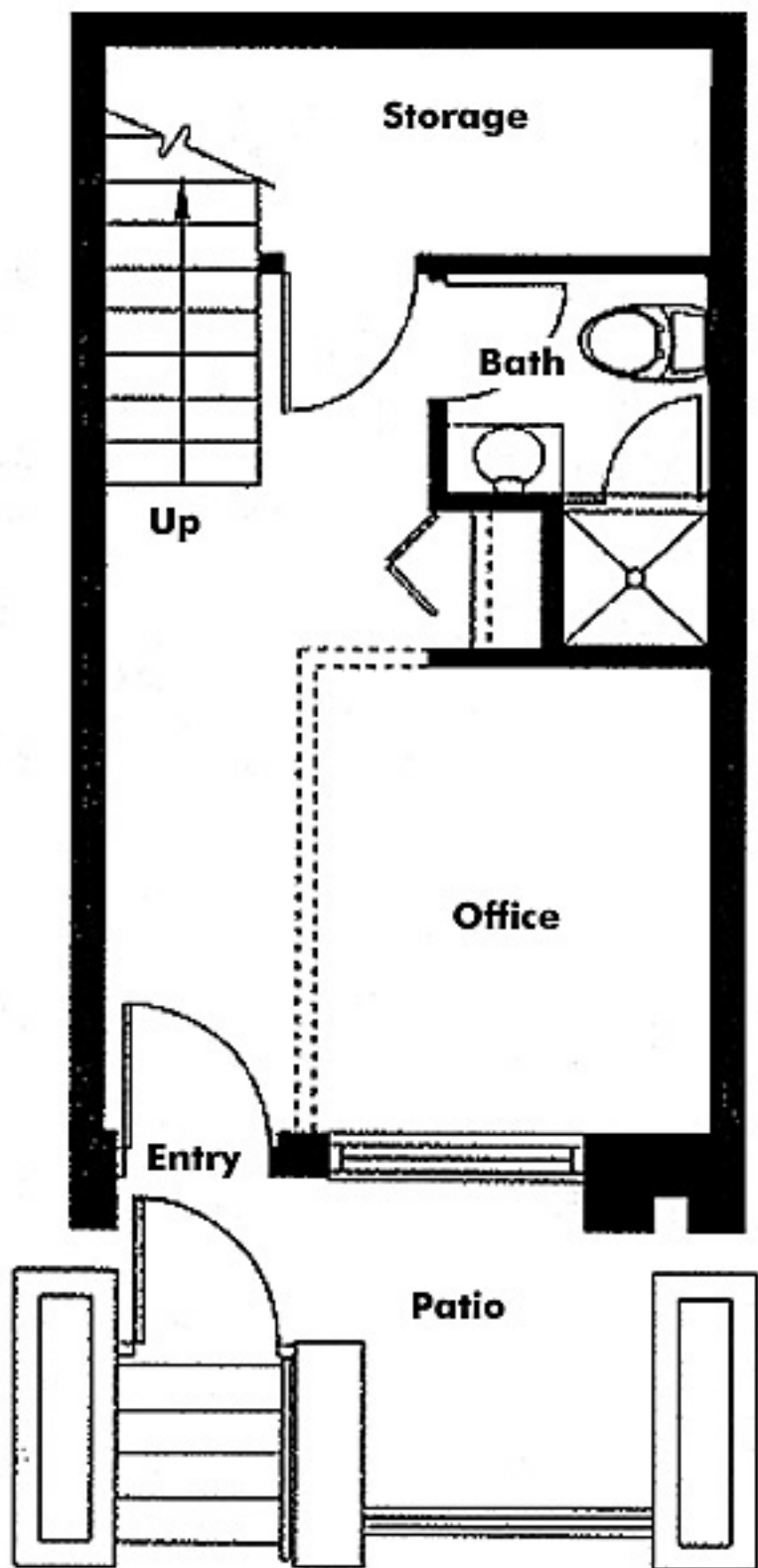


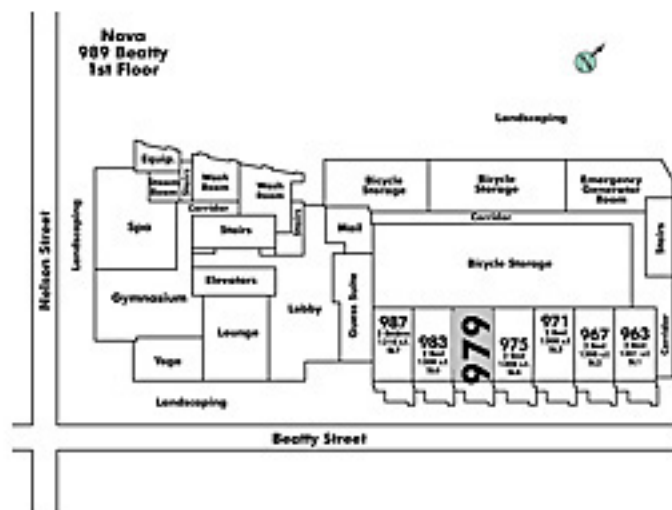
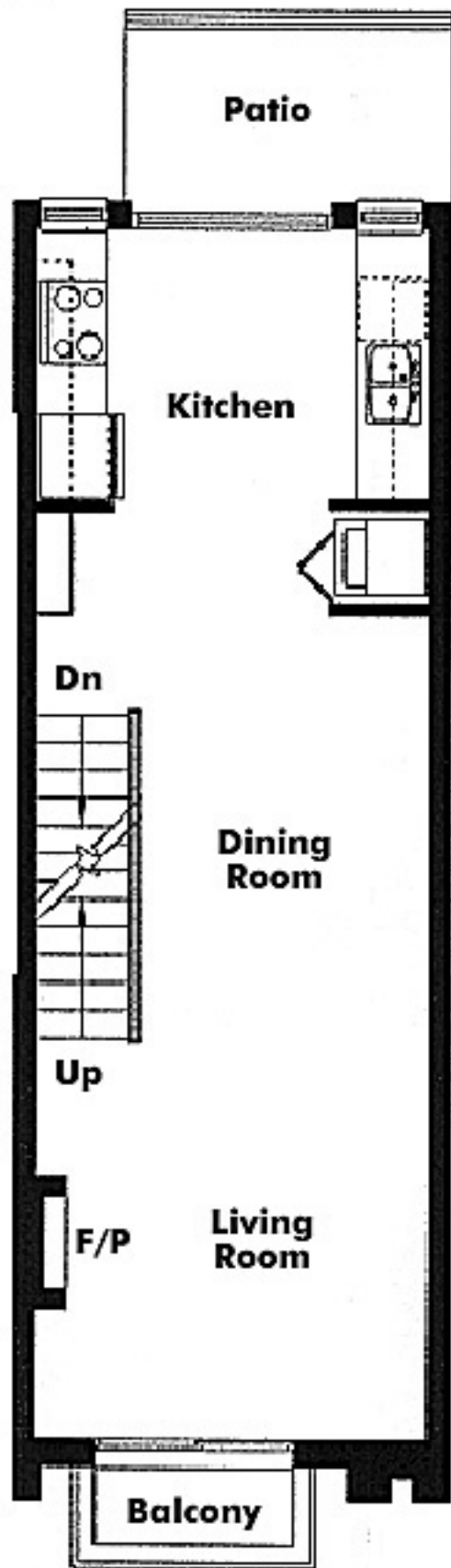


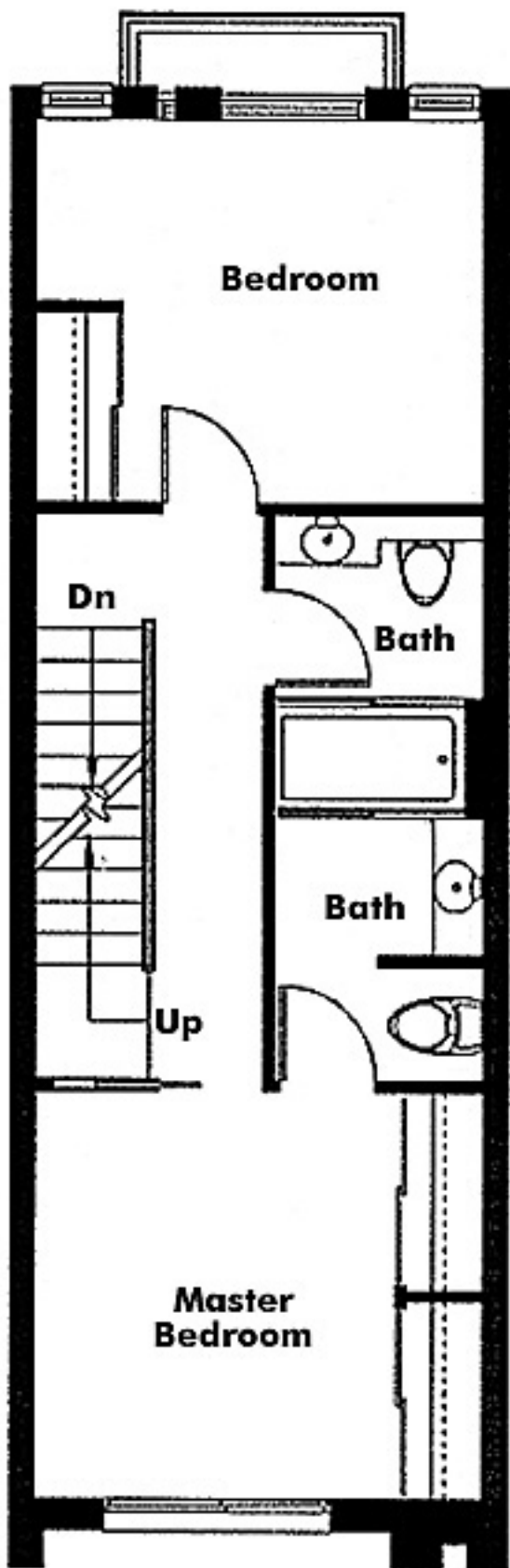


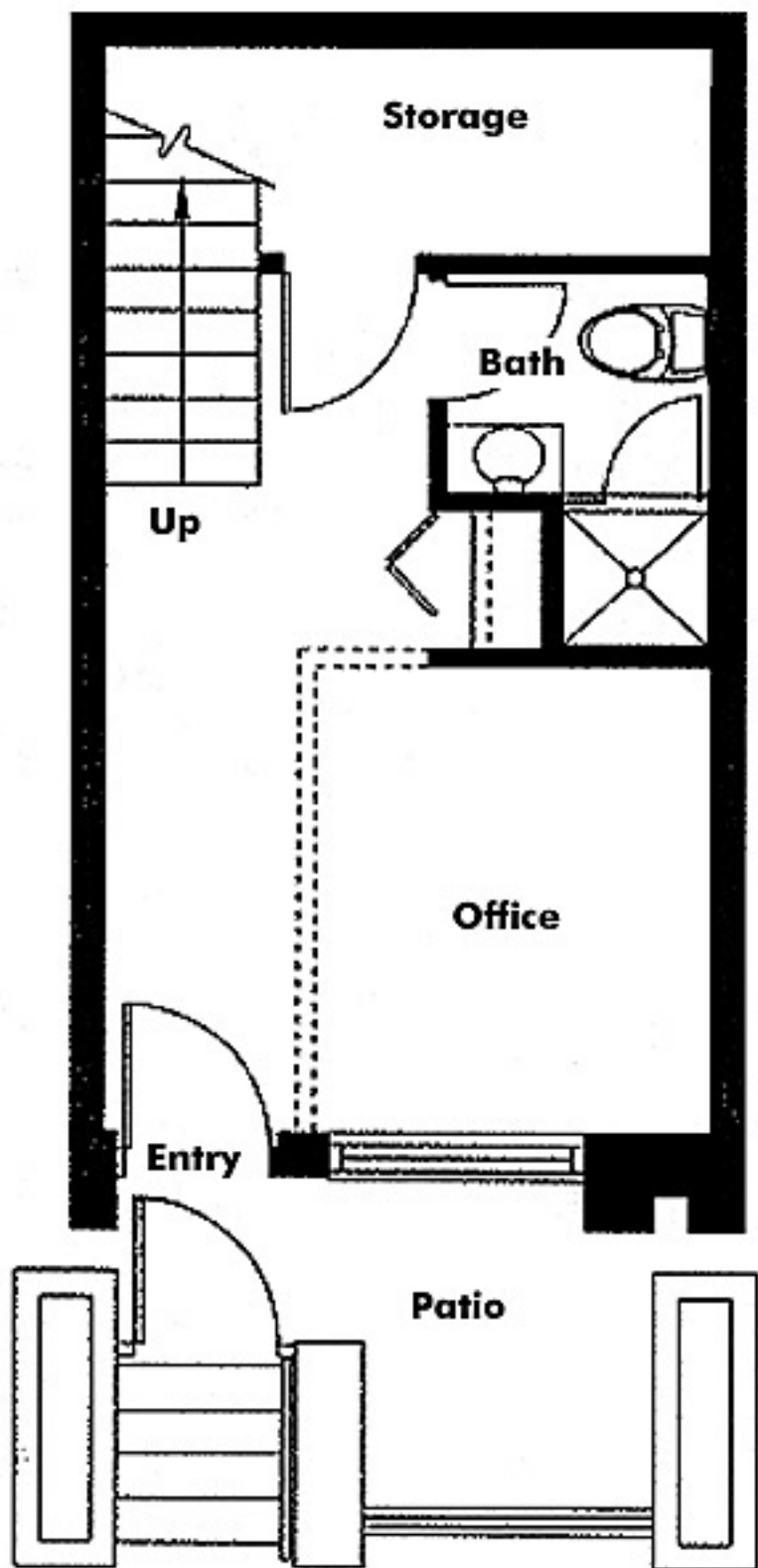


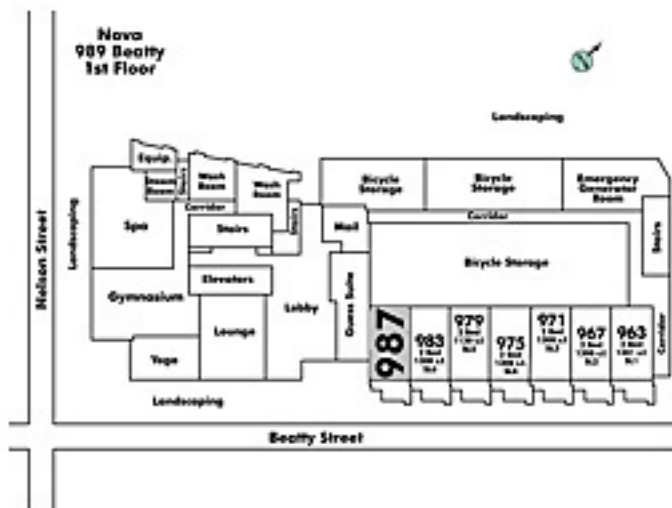
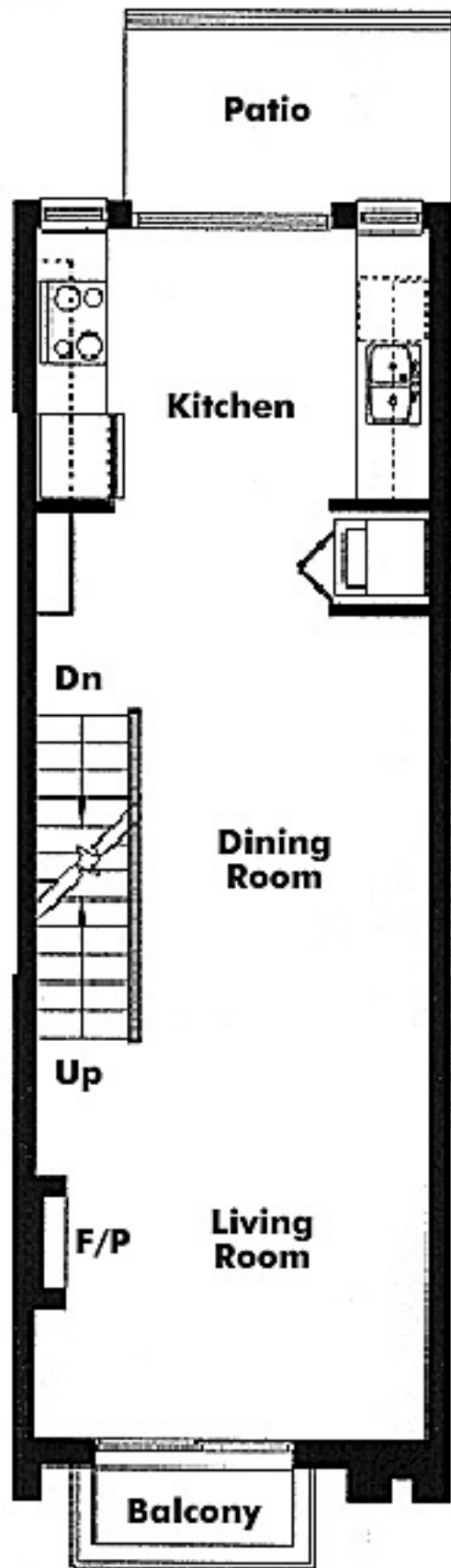


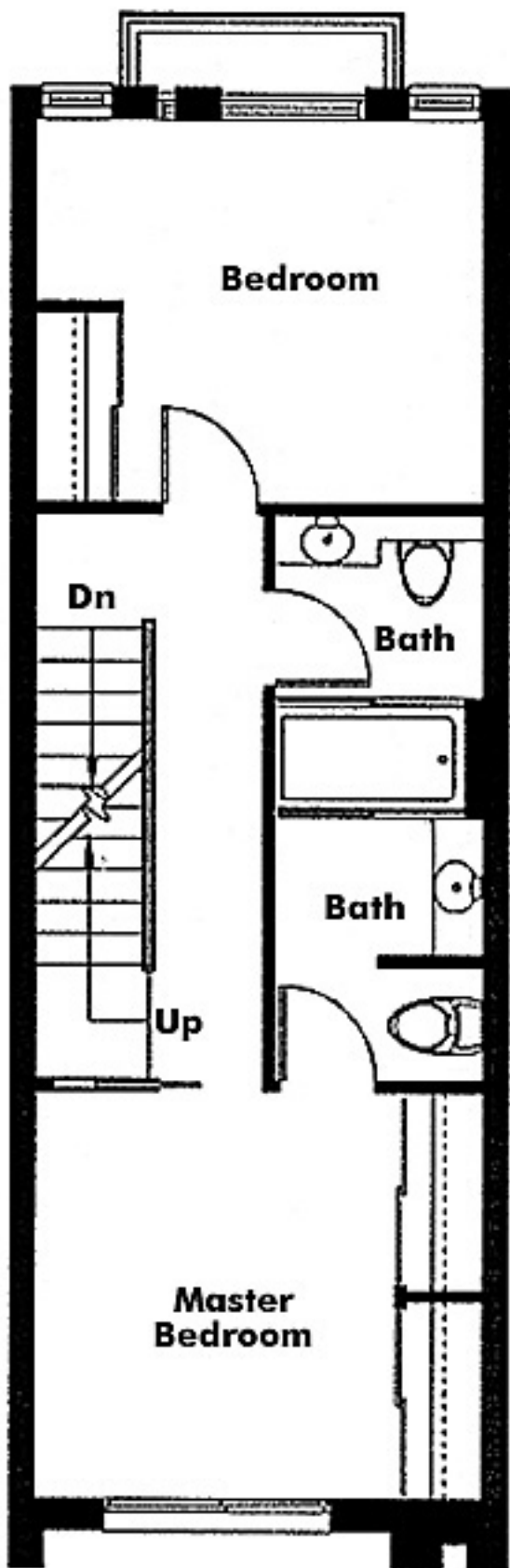


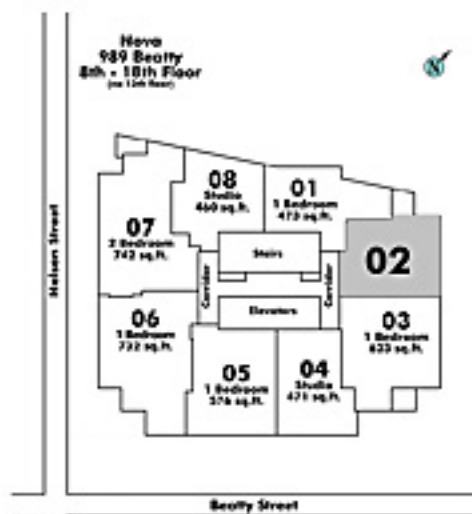
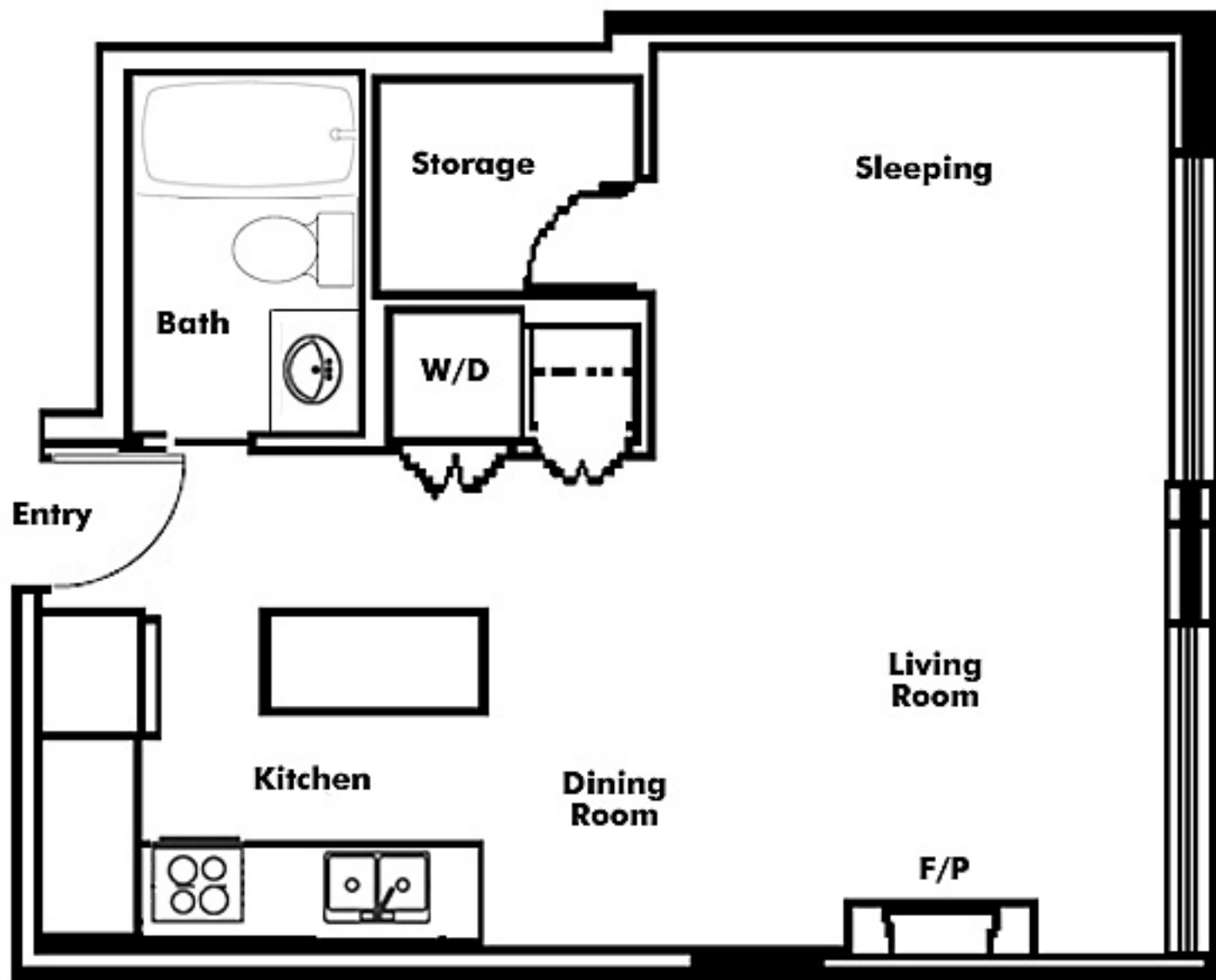


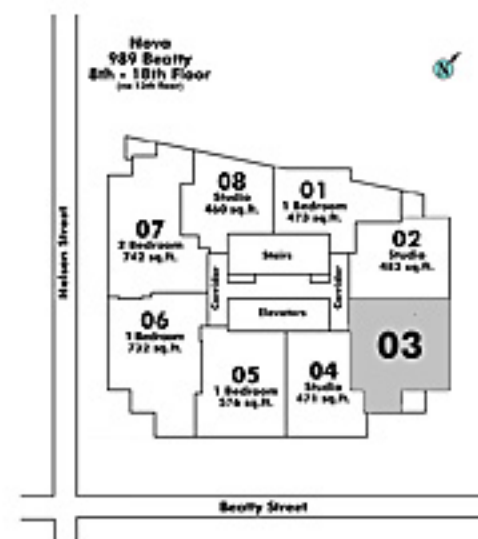
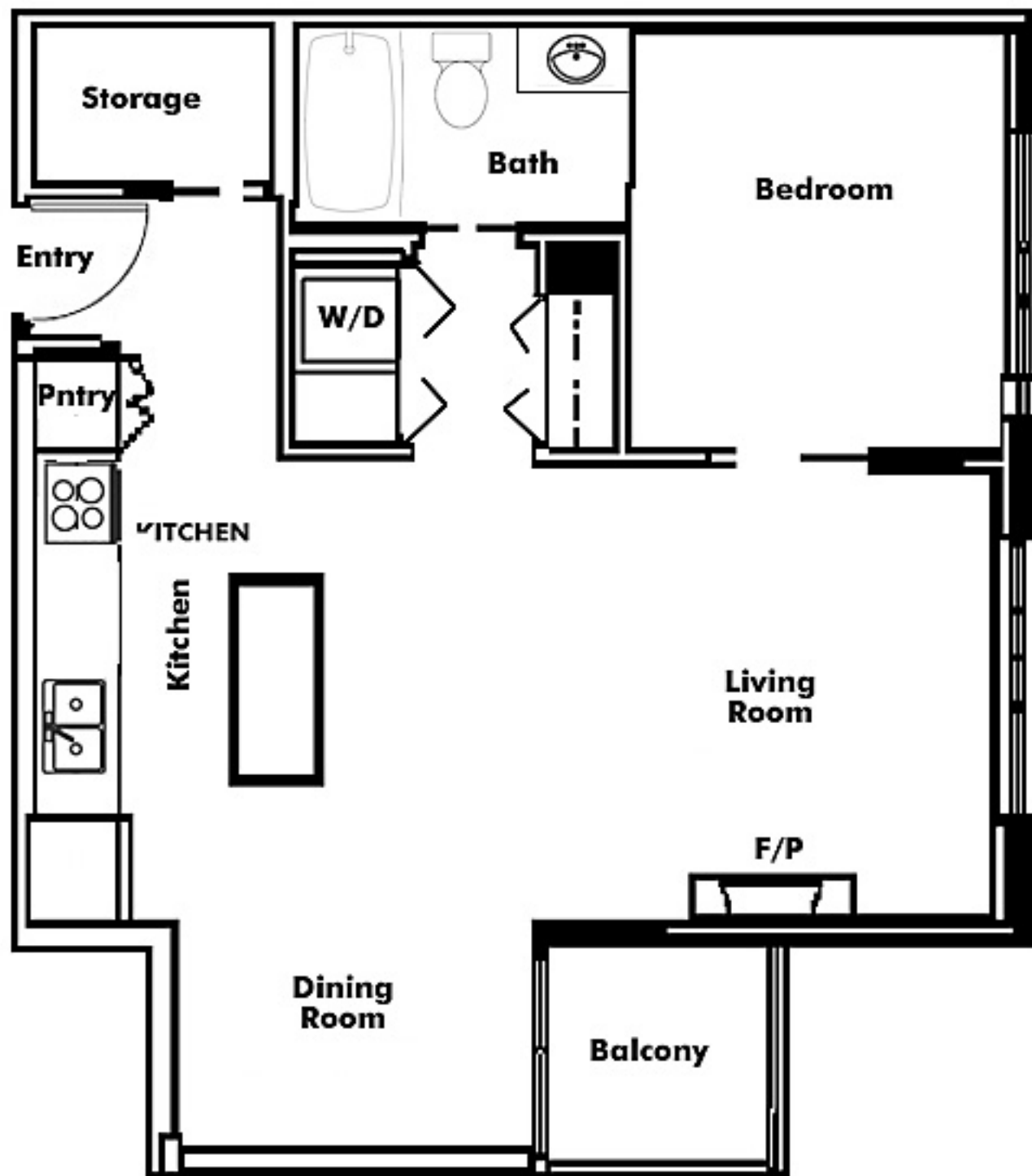


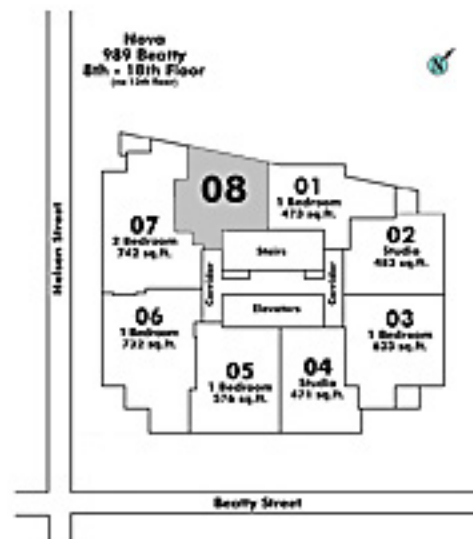
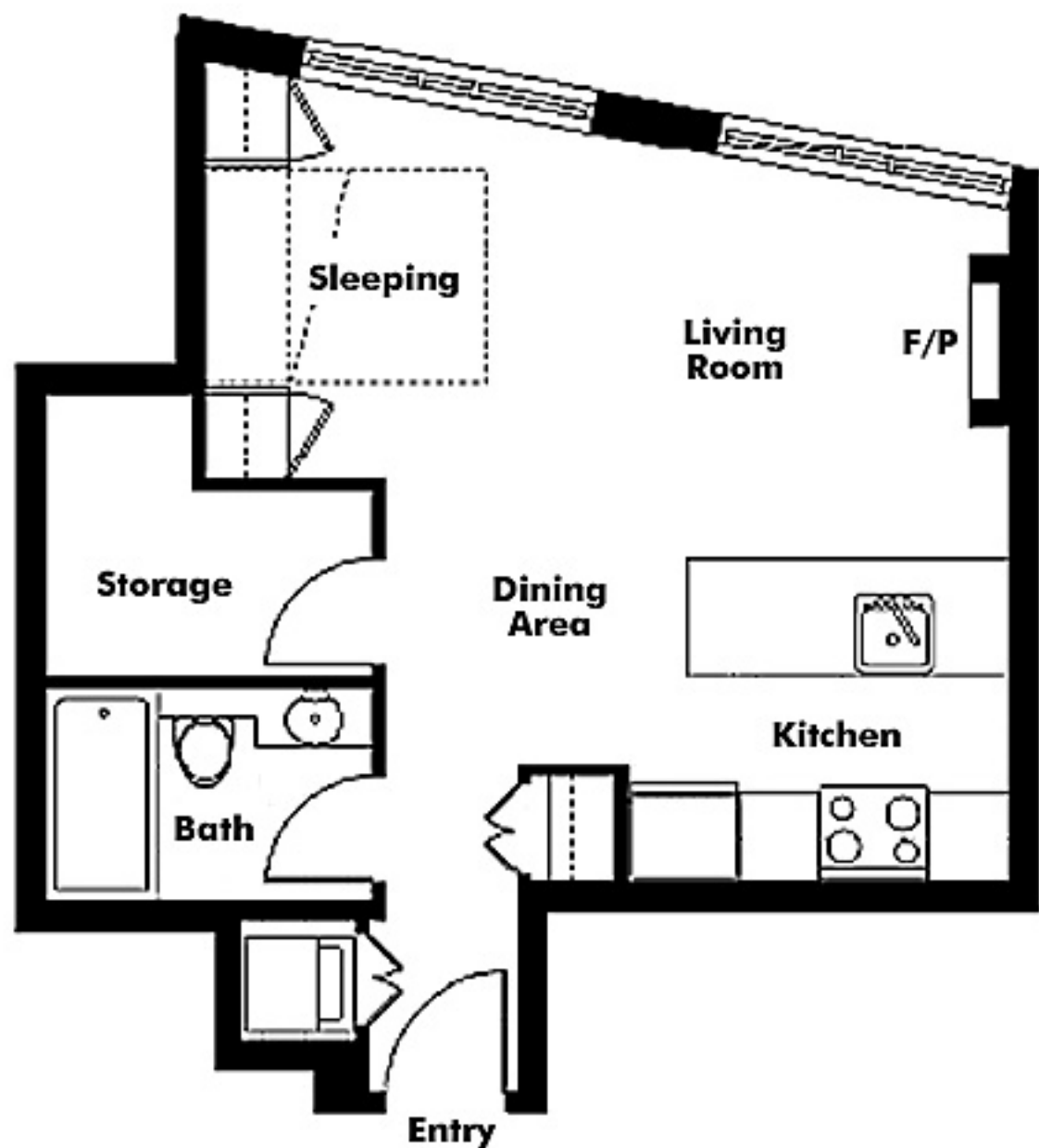












Entry

W/D

Kitchen

Storage

Bath

Dining Room

Bedroom

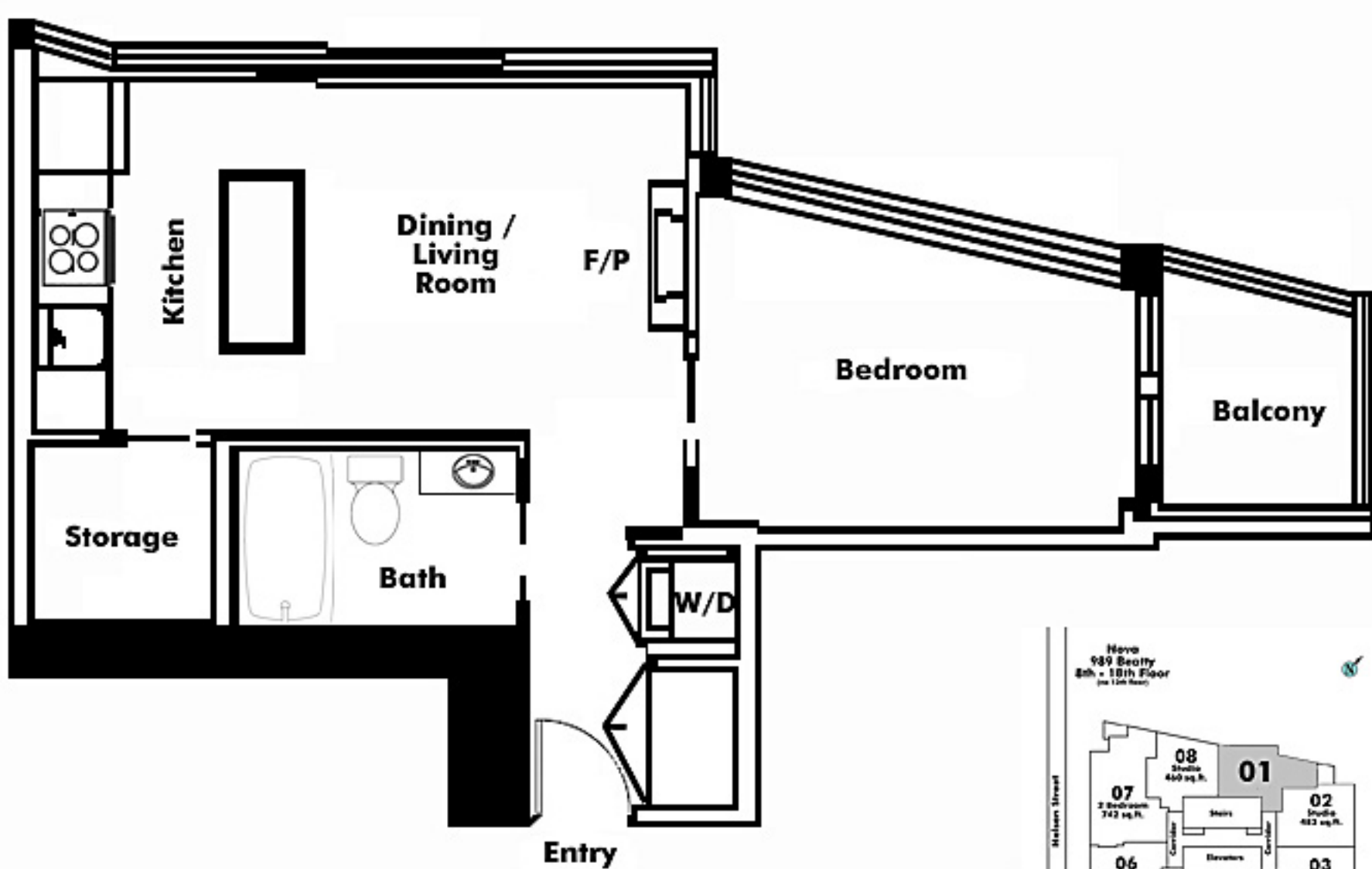
F/P

Living Room

Novo
989 Beatty
8th - 18th Floor
(see 12th floor)



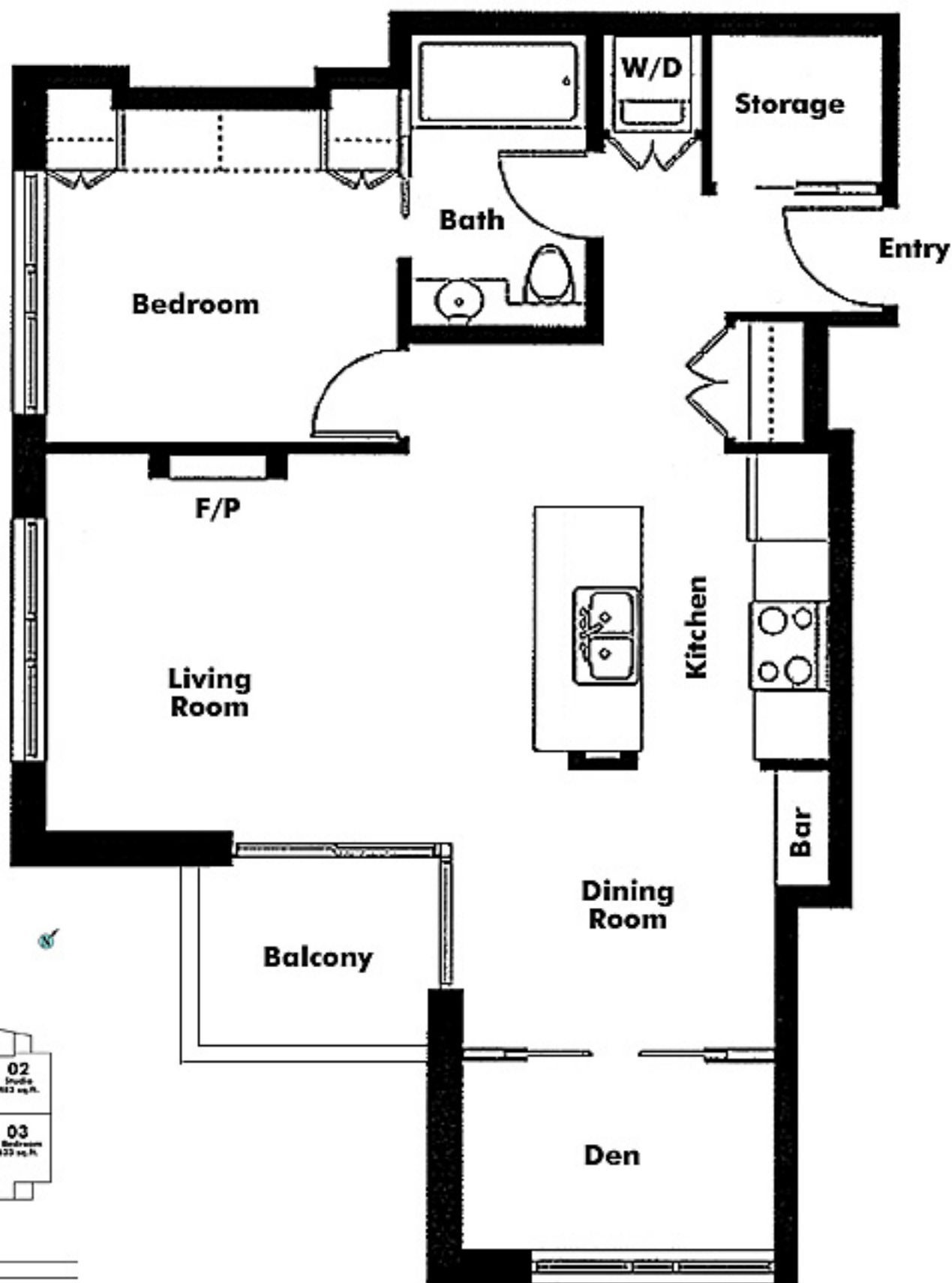
Beatty Street



Novo
989 Beatty
8th - 10th Floor
(no 12th floor)



Beatty Street



Nova
989 Beatty
8th - 10th Floor
(see 1st floor)



Beatty Street

Entry

Storage

W/D

Kitchen

Bath

Dining Room

F/P

Living Room

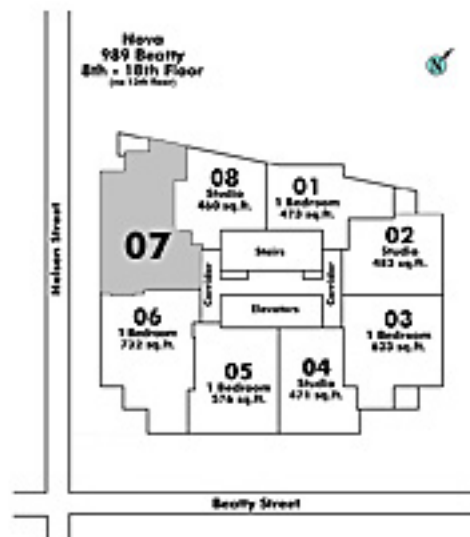
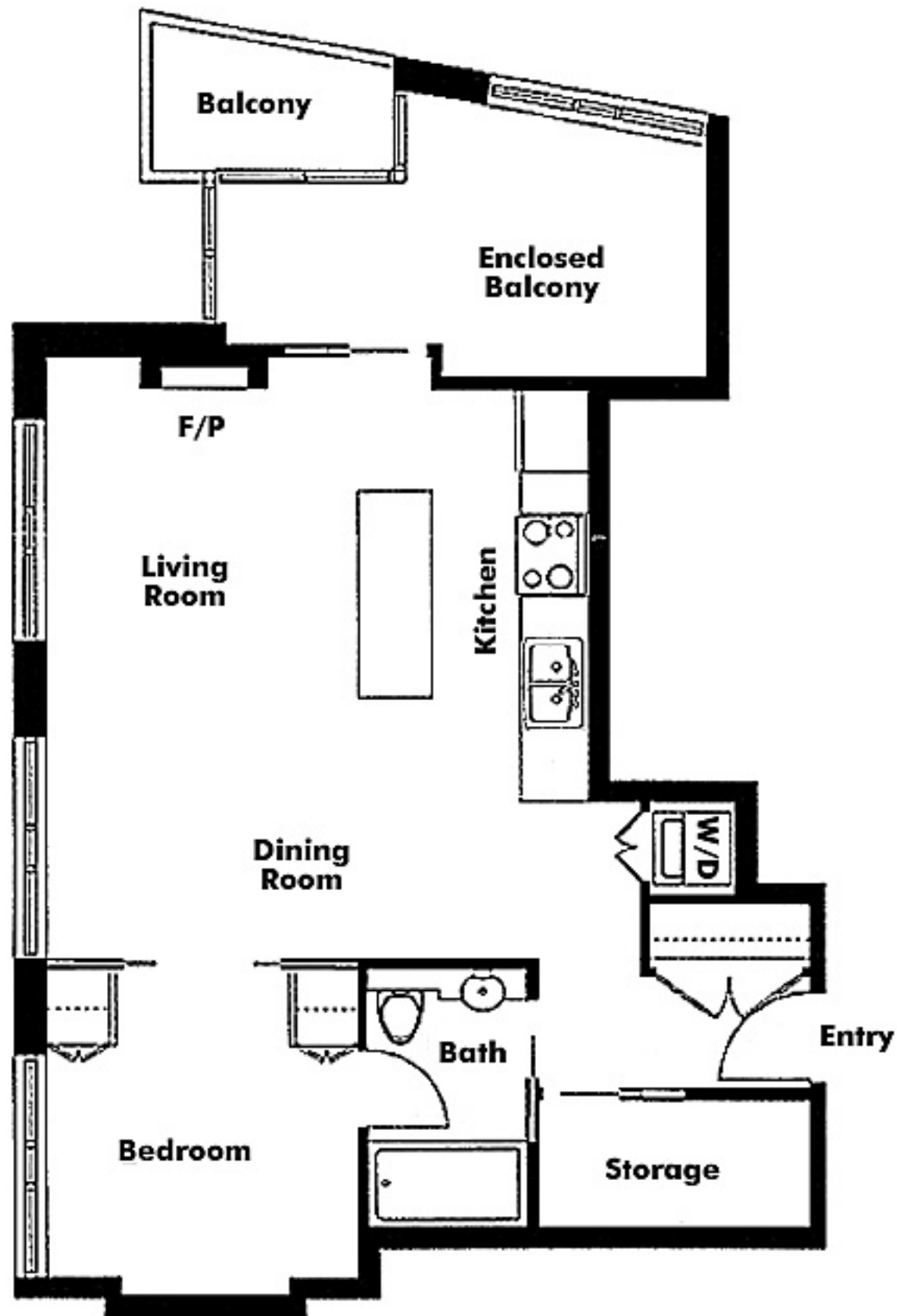
Sleeping

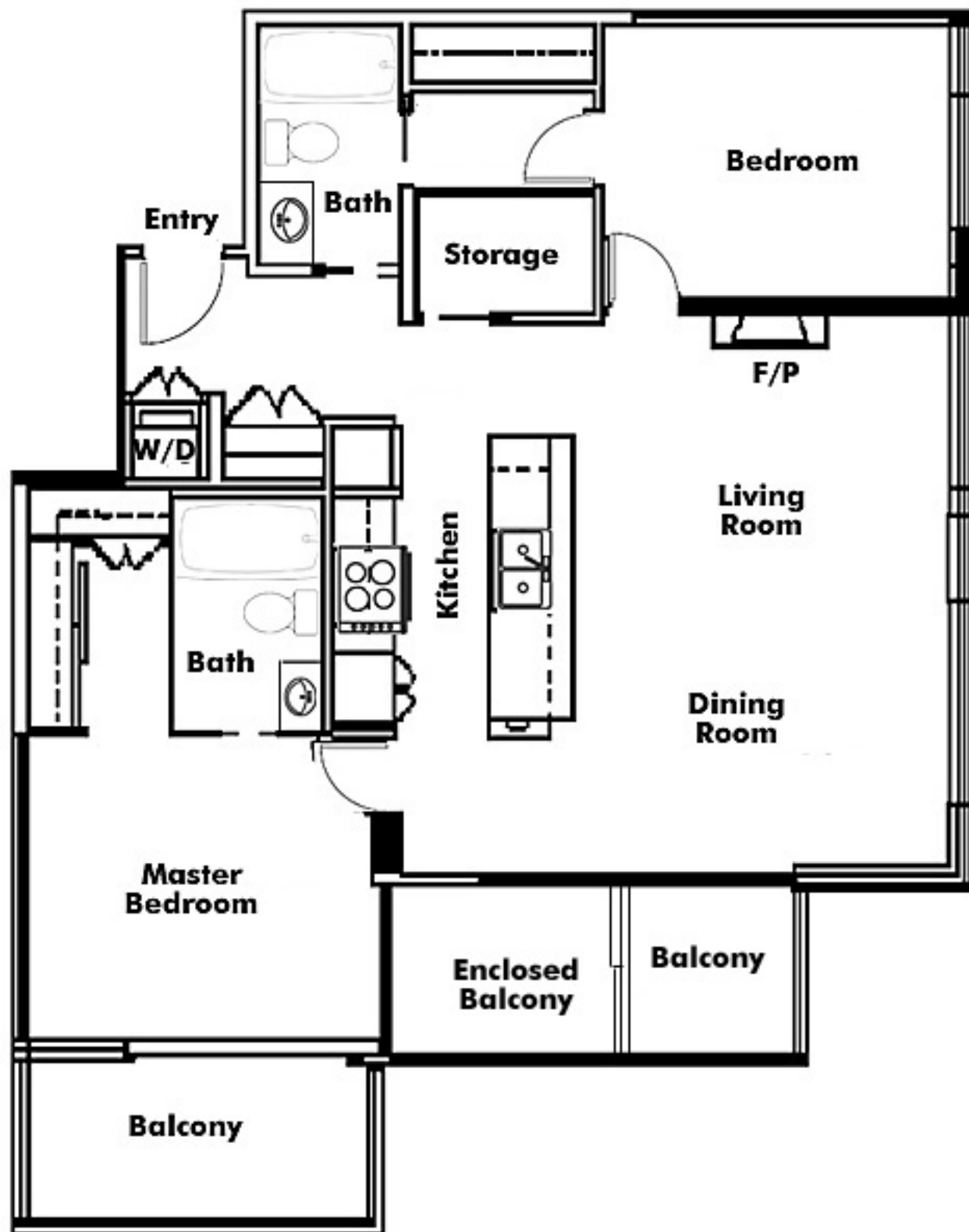
Hera
989 Beatty
8th + 10th Floor
(see 10th floor)

Madison Street



Beatty Street





Nova
589 Beatty
19th - 20th Floor

Helien Street



Beatty Street

Bedroom

Balcony

Bath

Entry

Living Room

Kitchen

Storage

Bath

F/P

Enclosed
Balcony

Dining Room

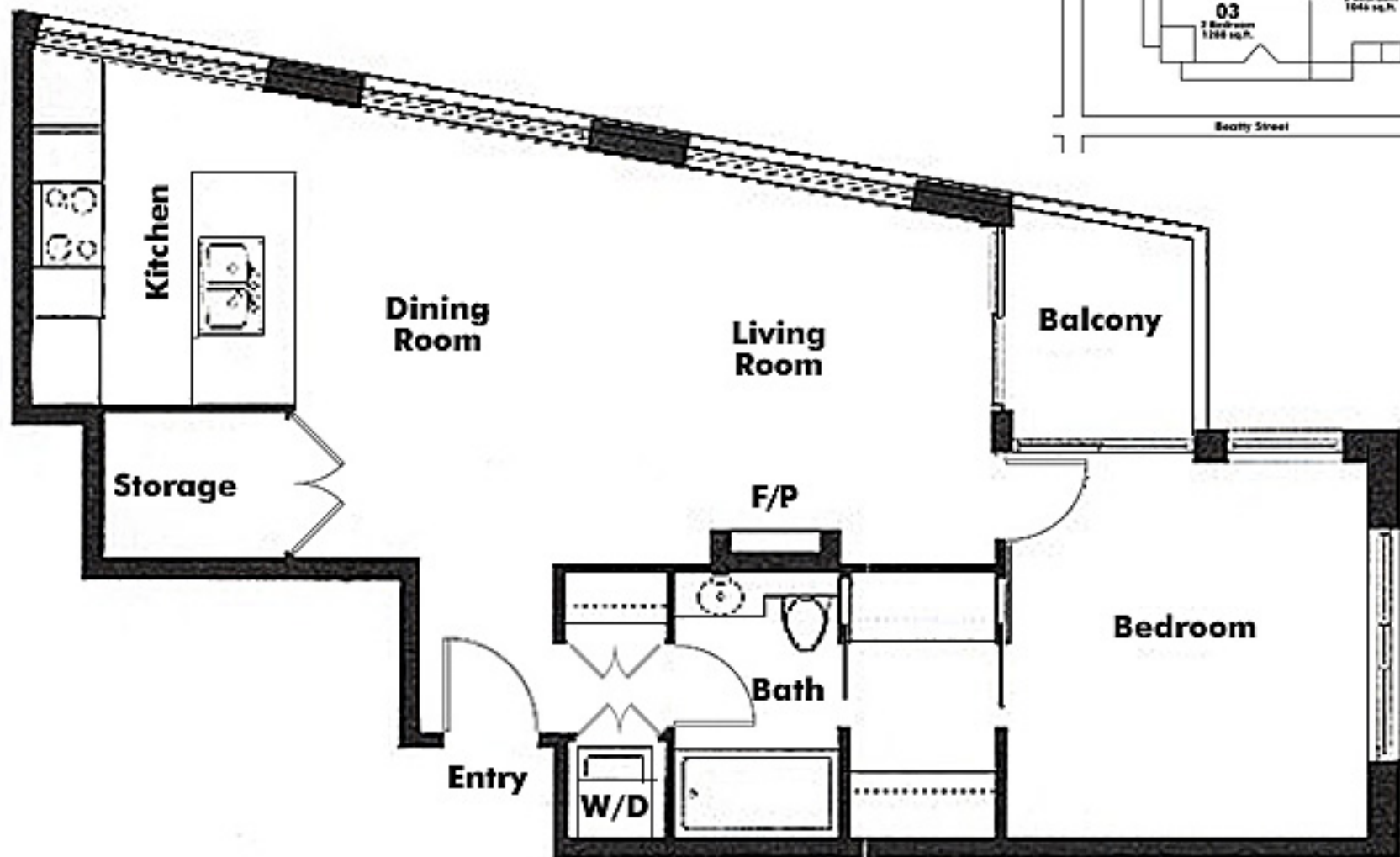
Master
Bedroom

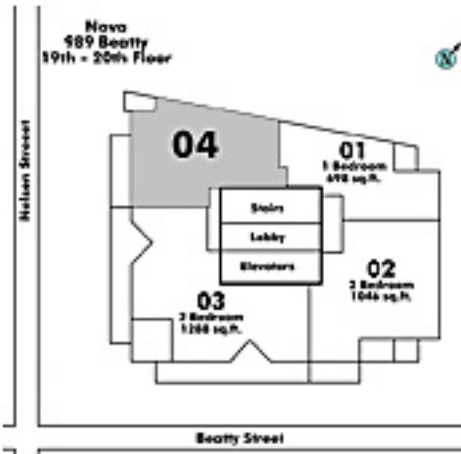
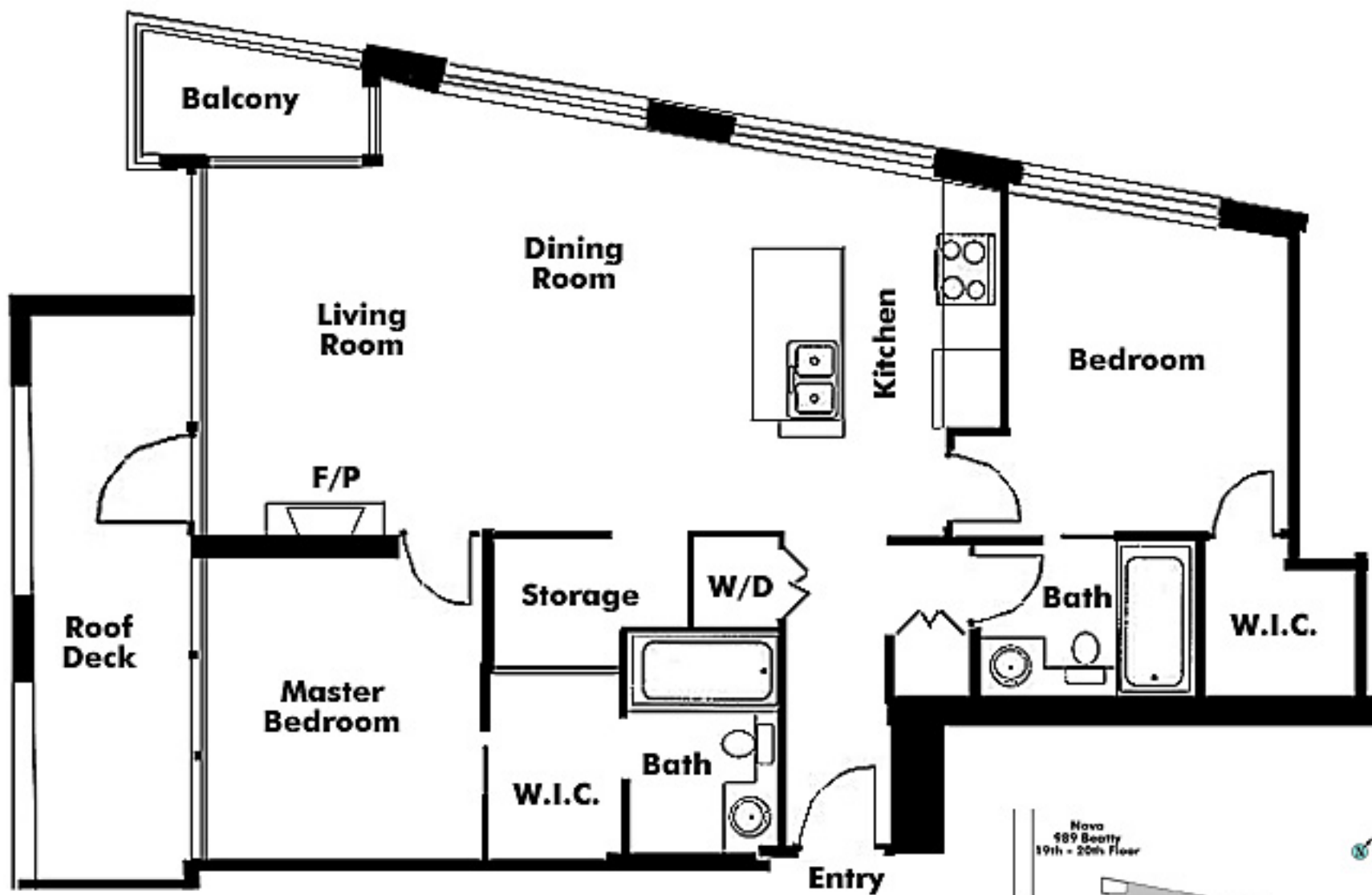
Balcony

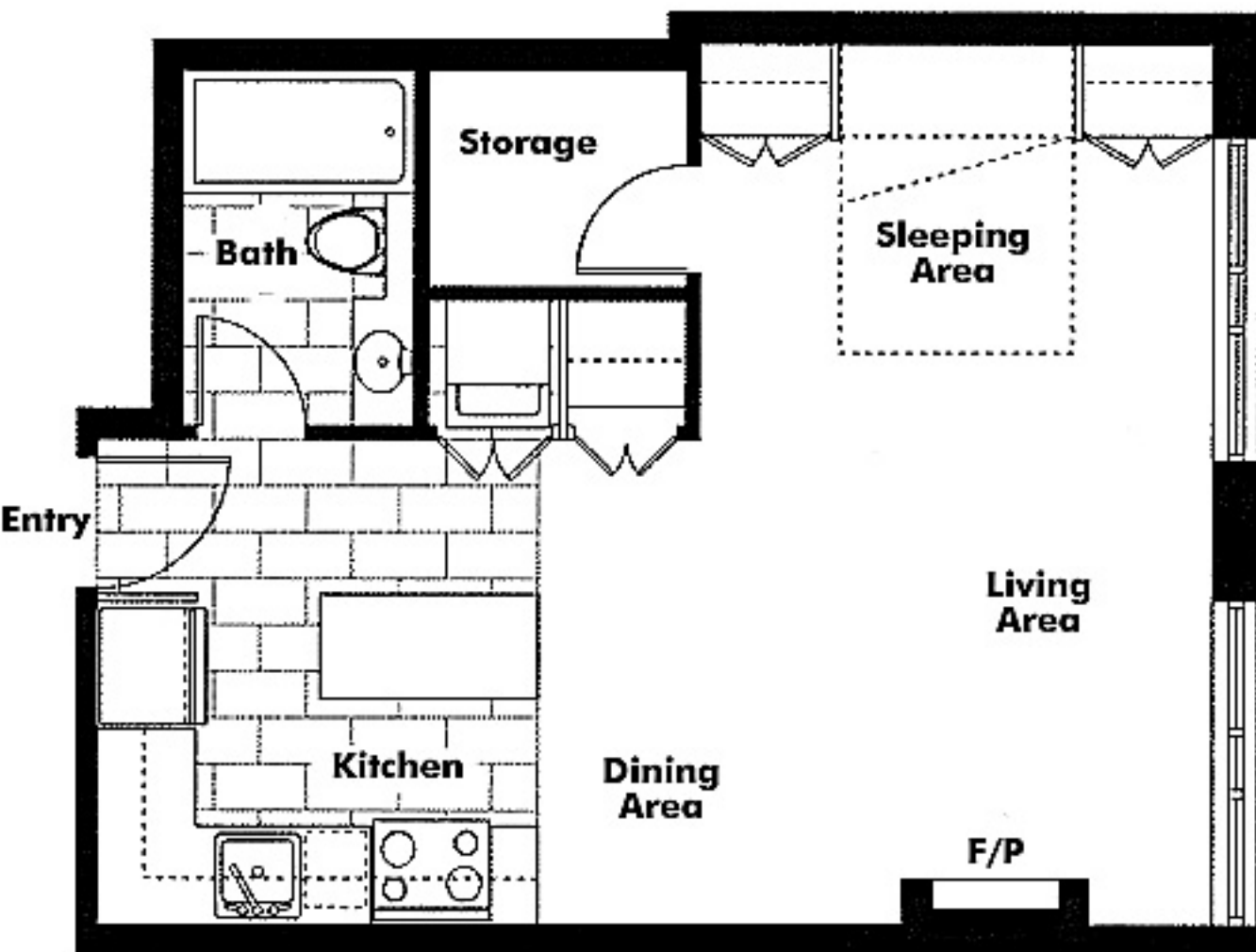
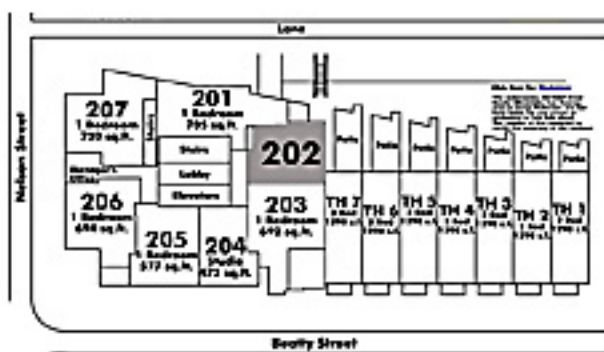
Helian Street

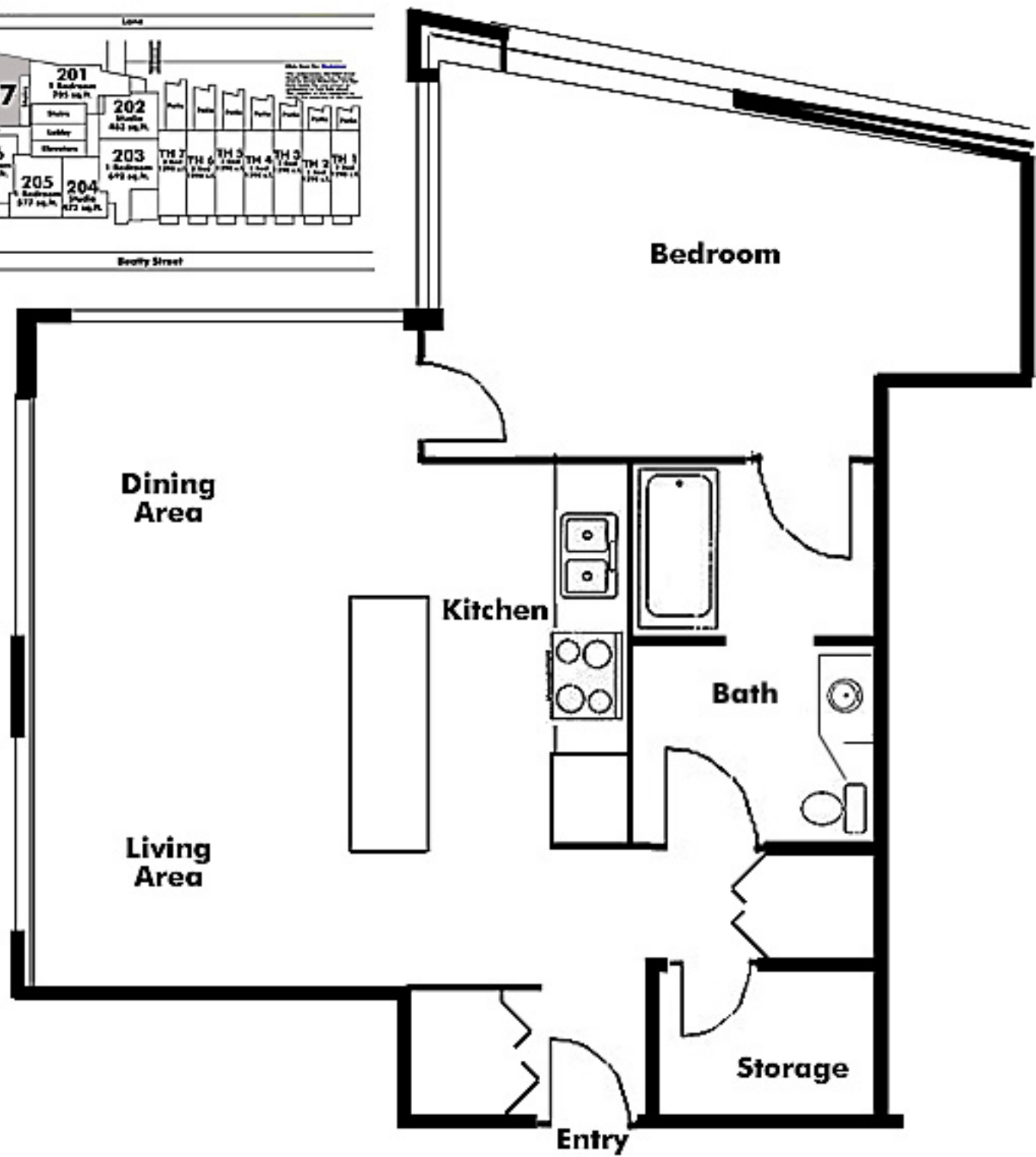
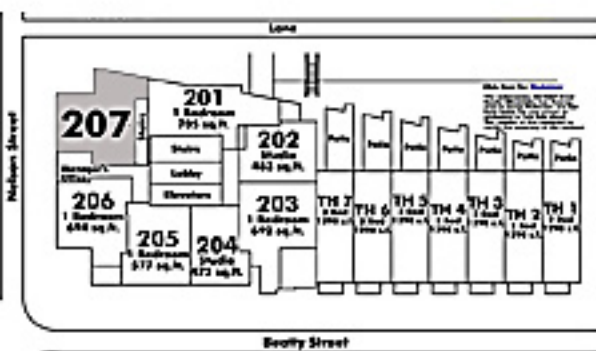


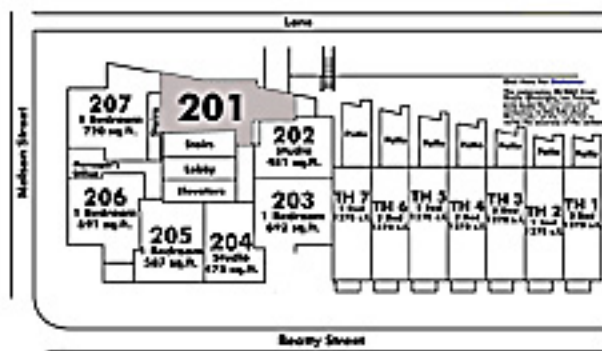
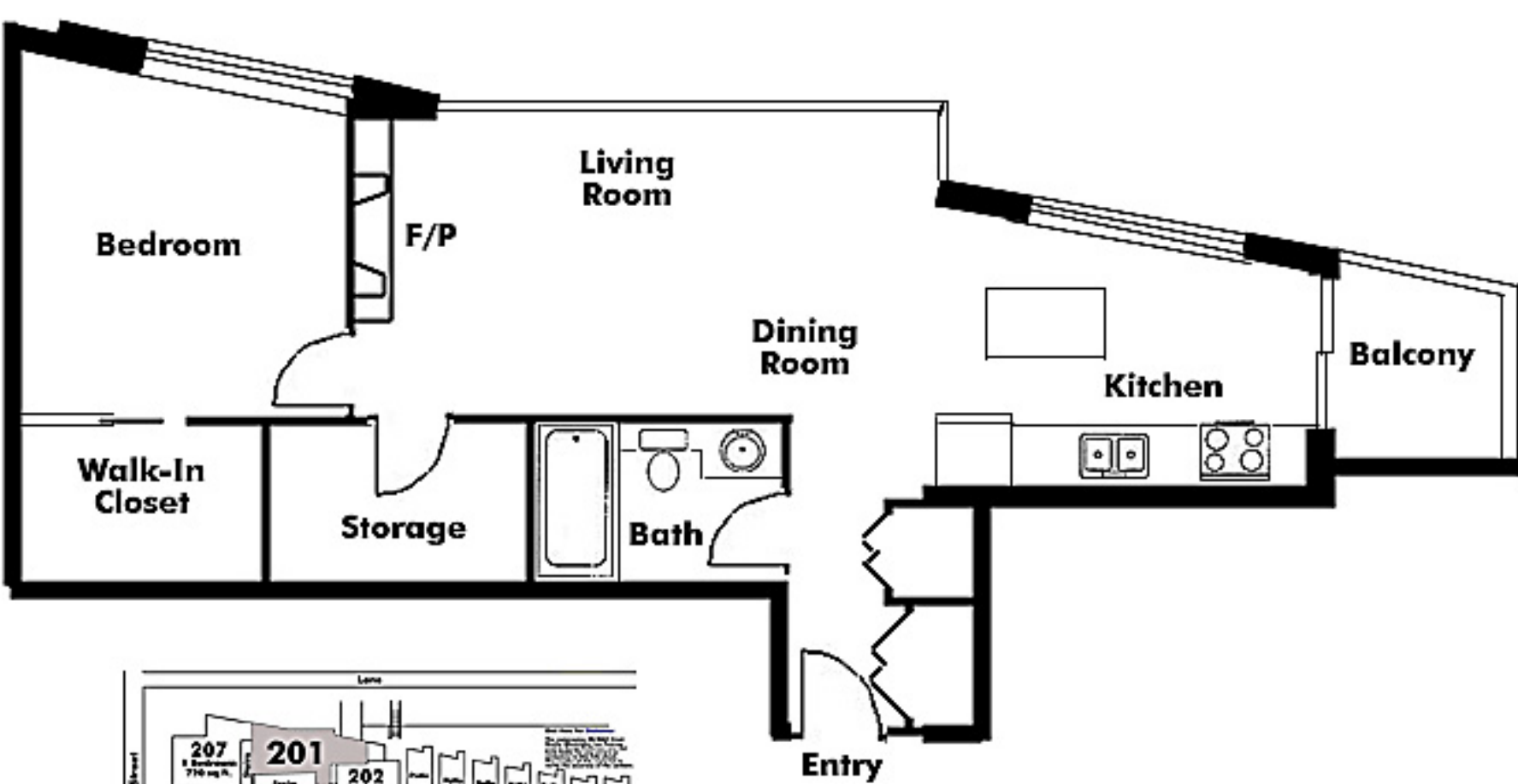
Beatty Street

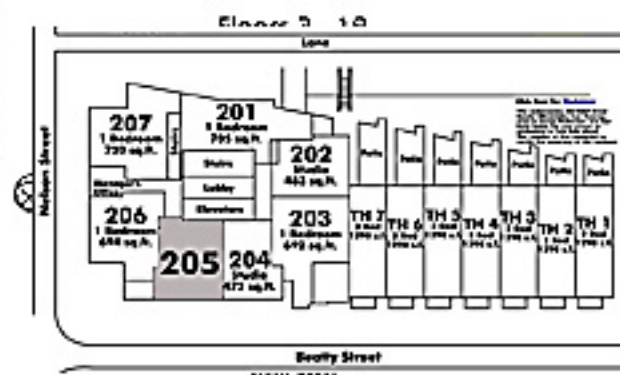
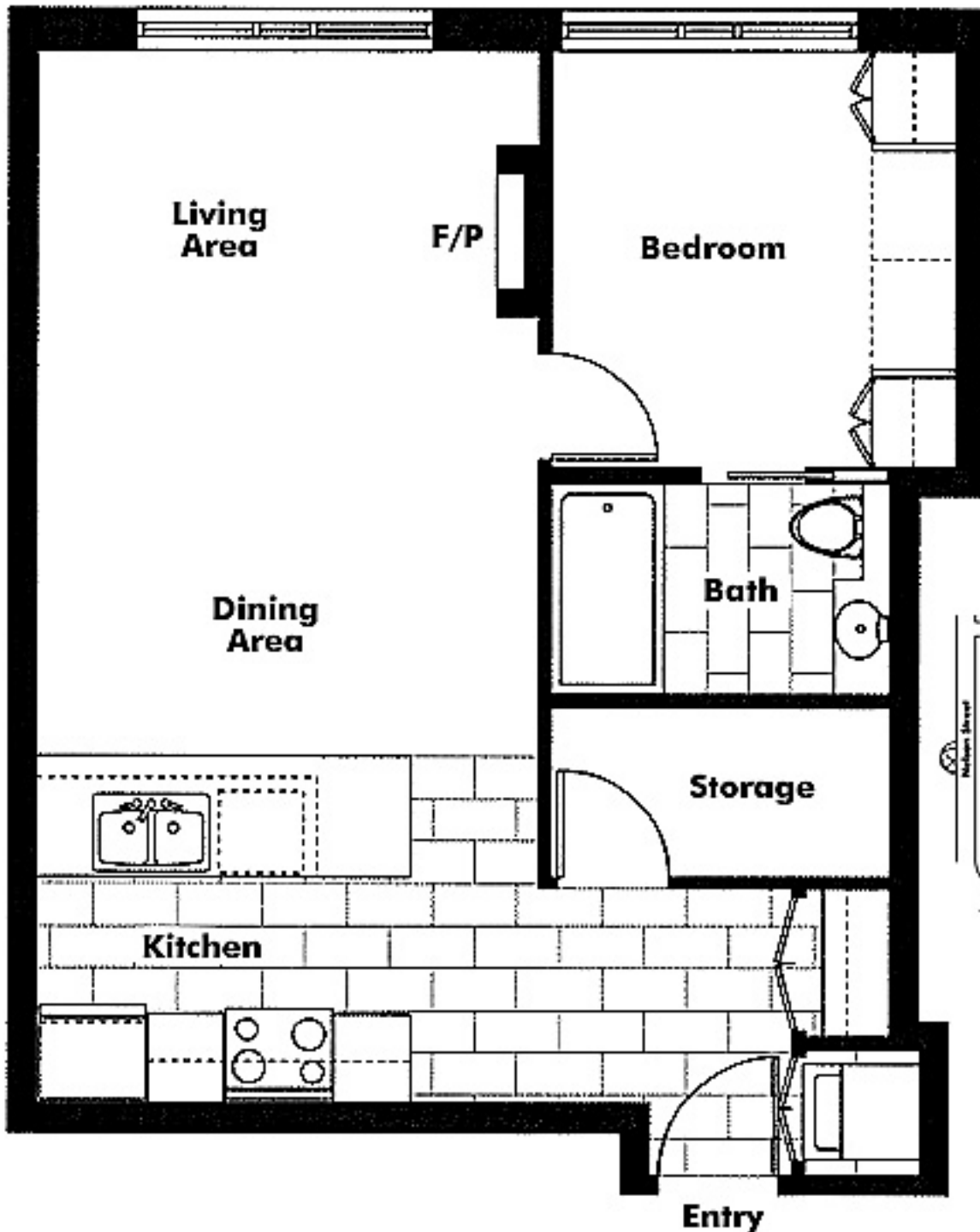


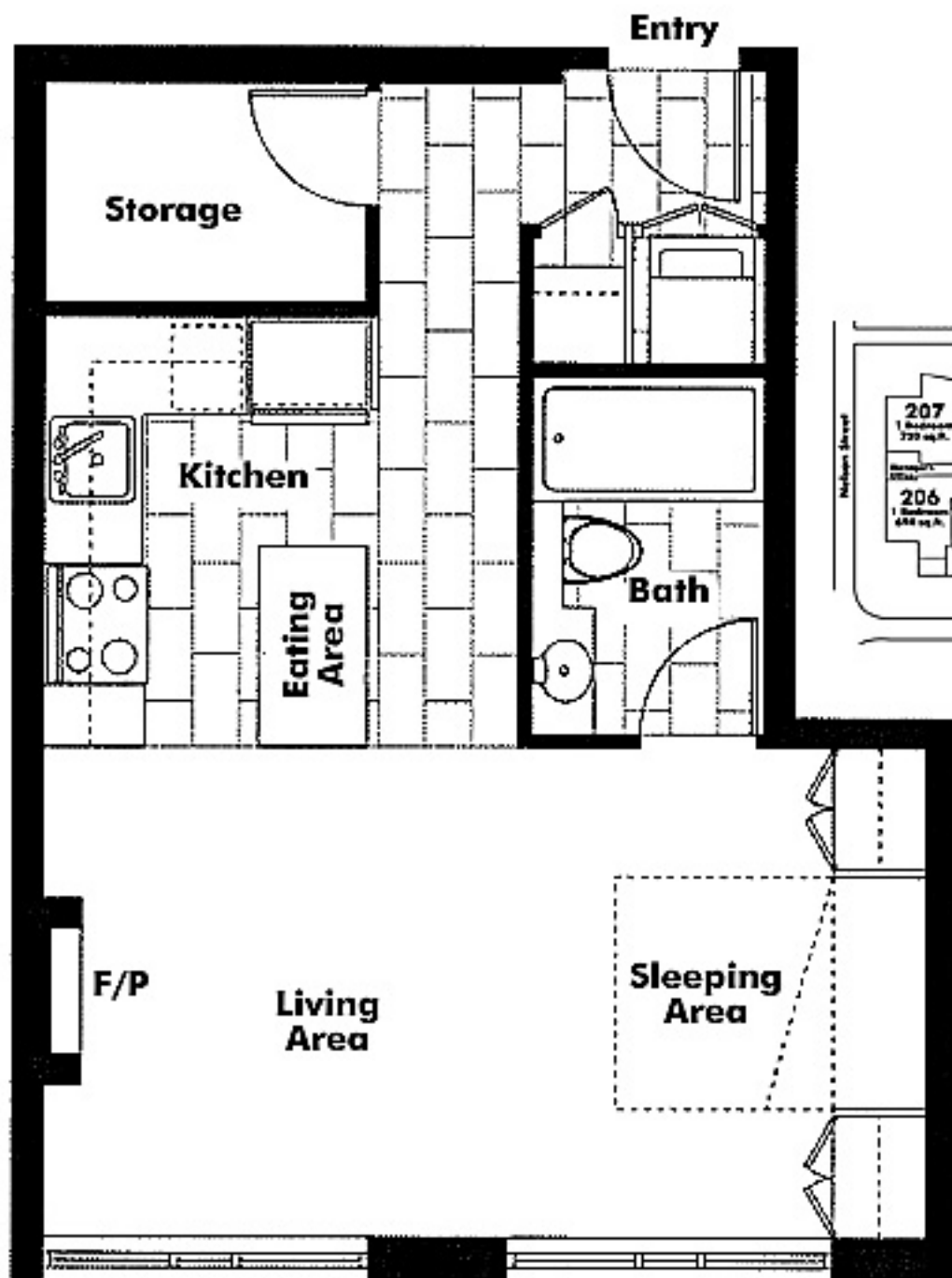












Storage

Kitchen

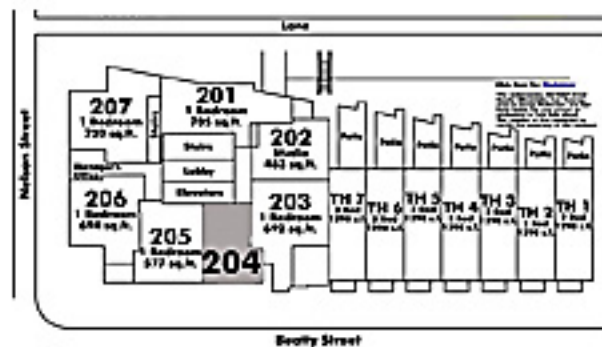
Eating Area

Bath

F/P

Living Area

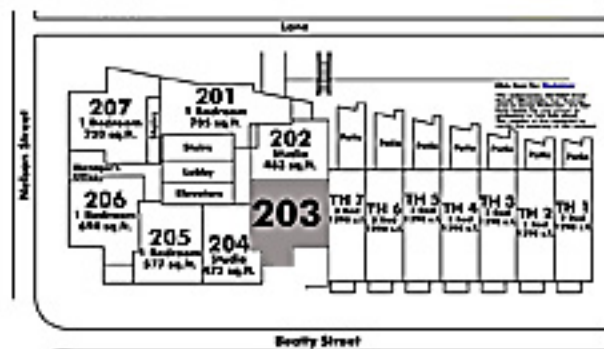
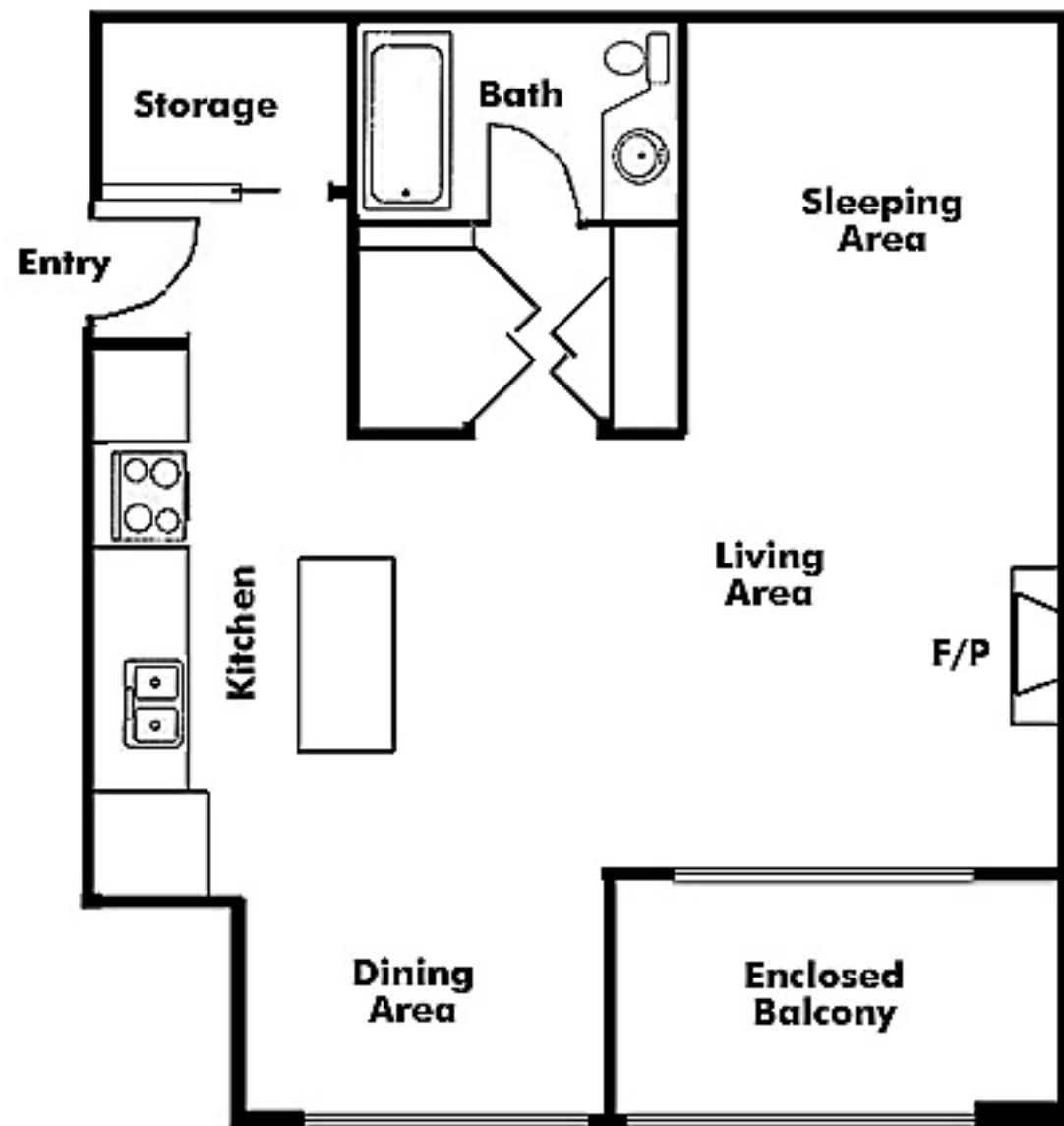
Sleeping Area

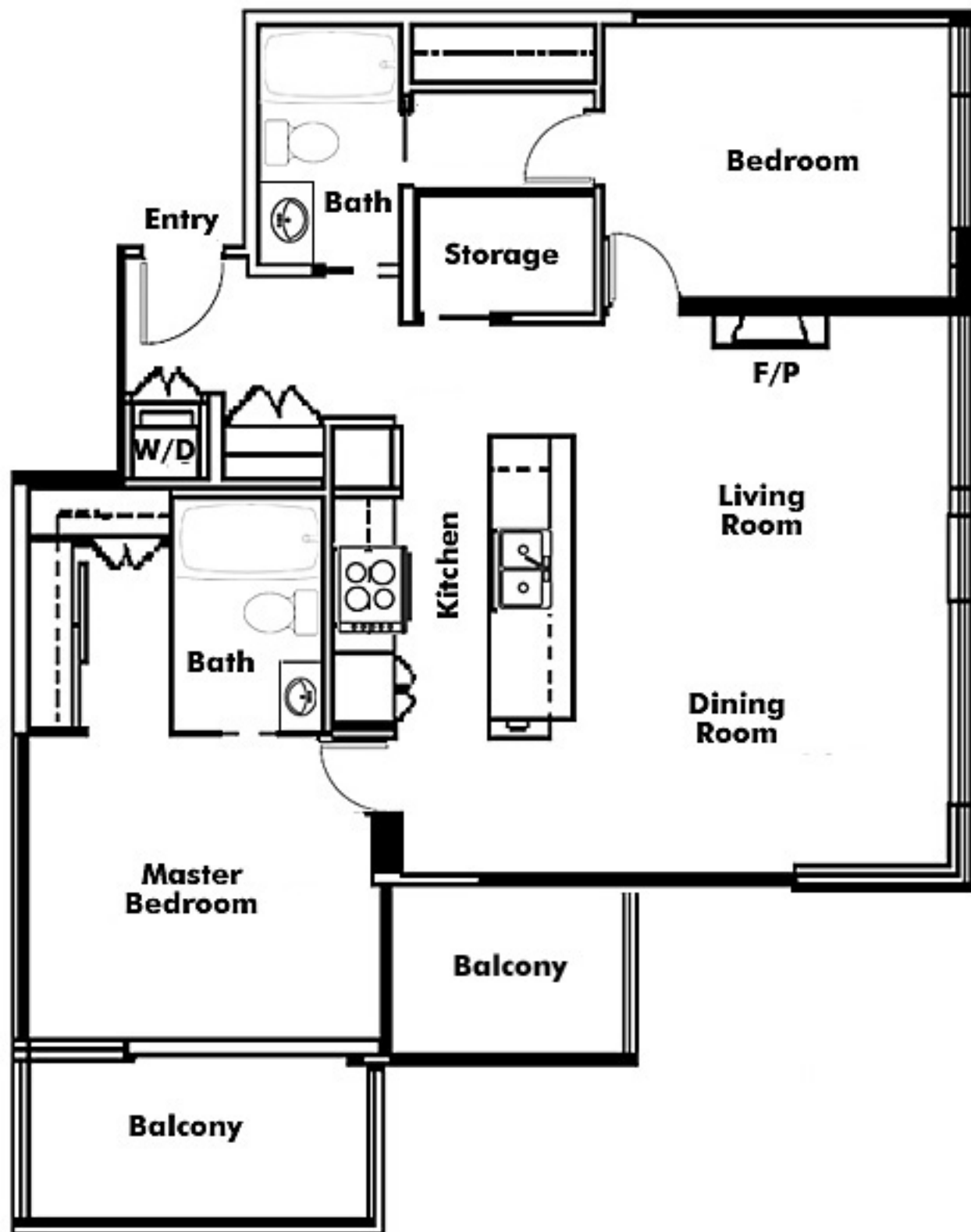


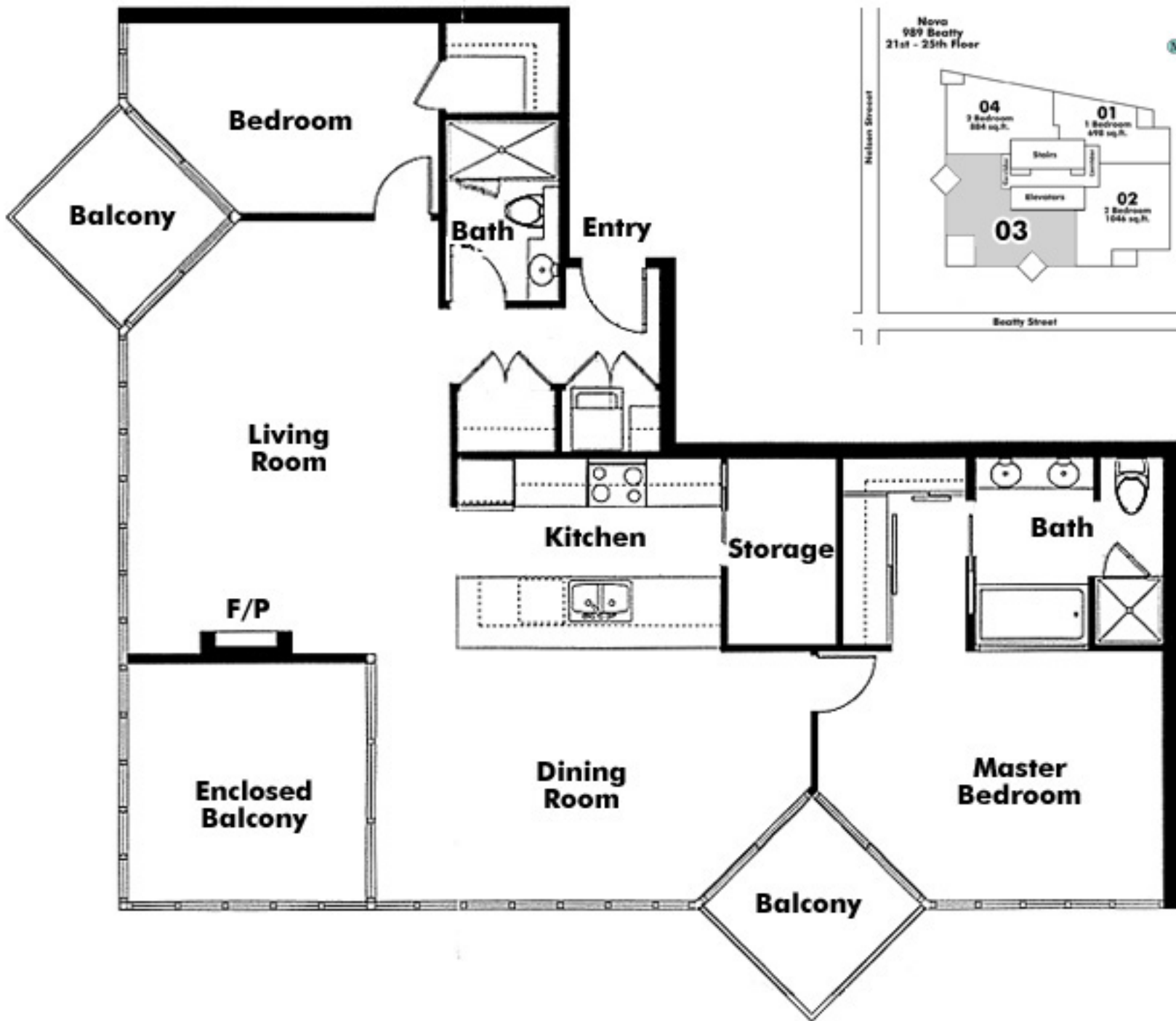
1994

Booth Street

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 walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, at a pace of 3.0 to 3.5 miles per hour. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measurements of weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, depression, and anxiety. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in depression and anxiety. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.





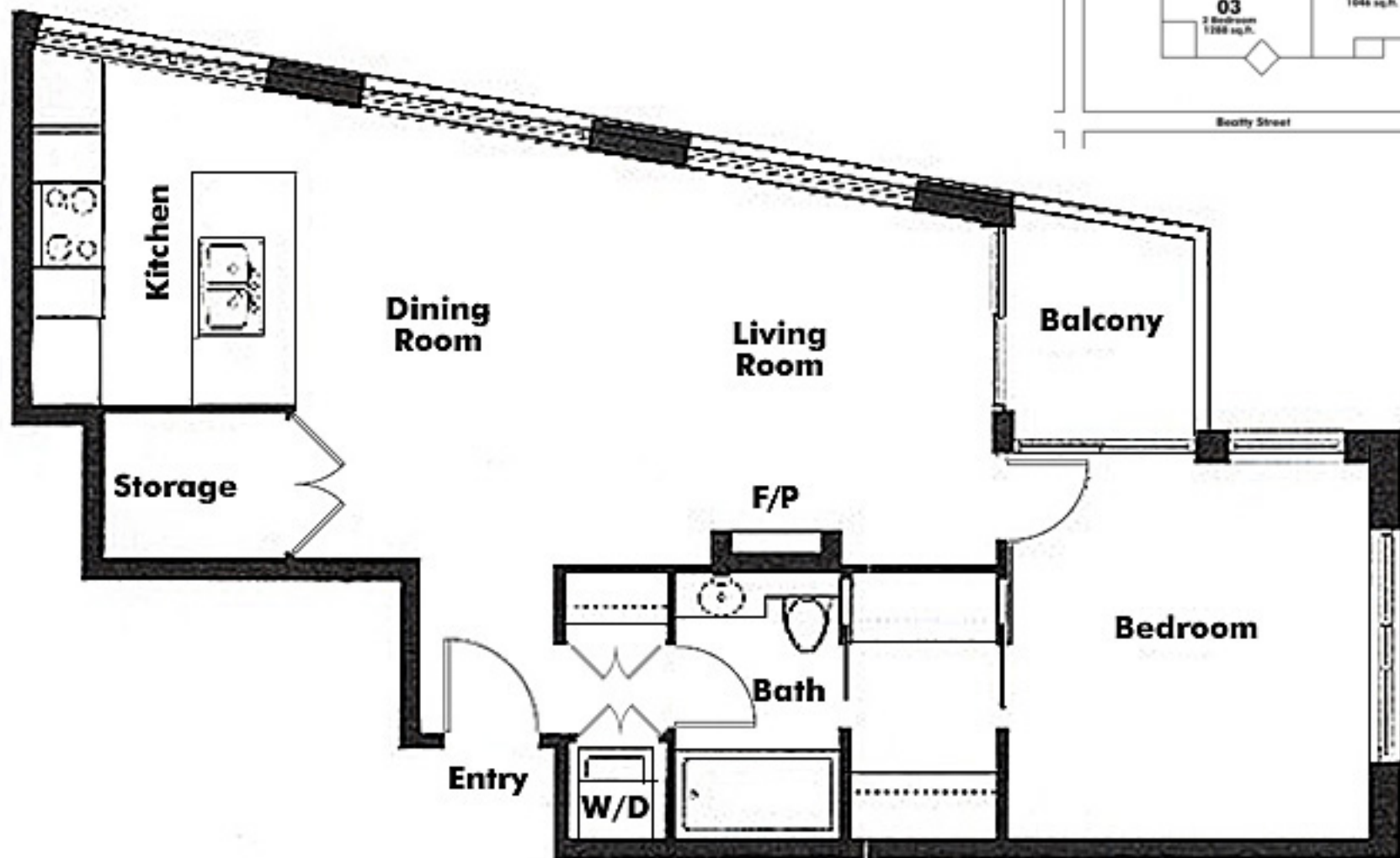


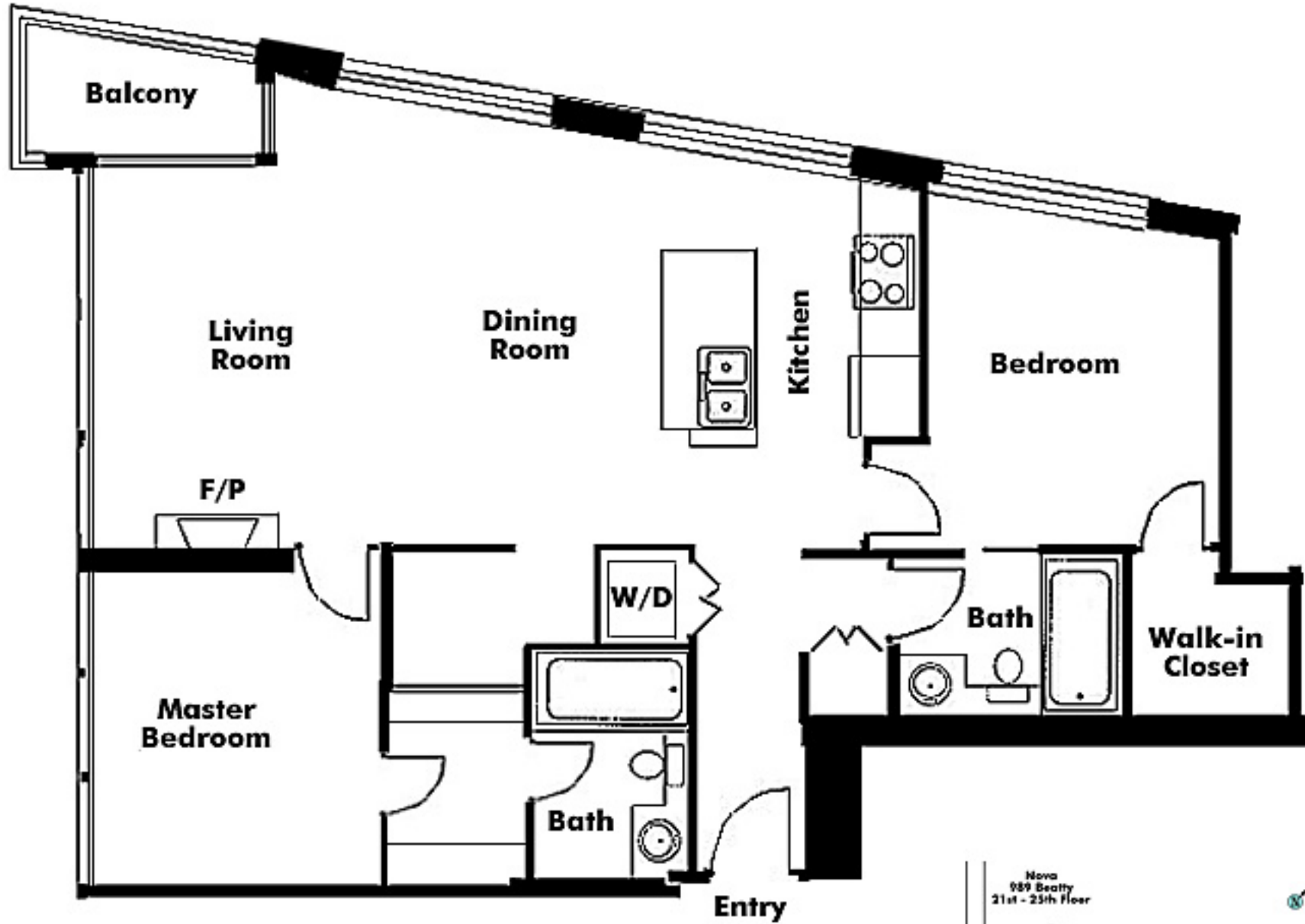
Nova
989 Beatty
21st - 25th Floor

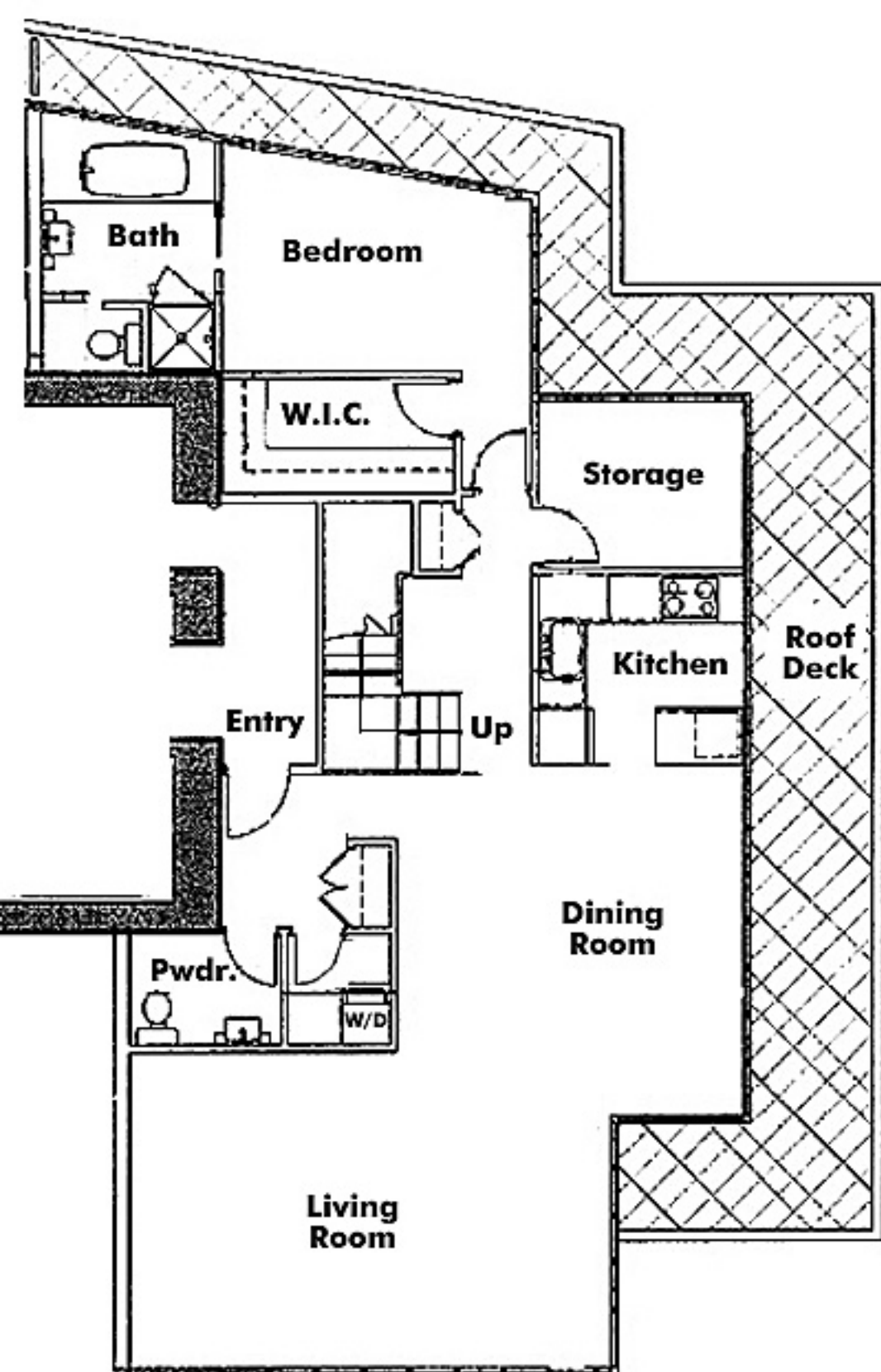


Beatty Street

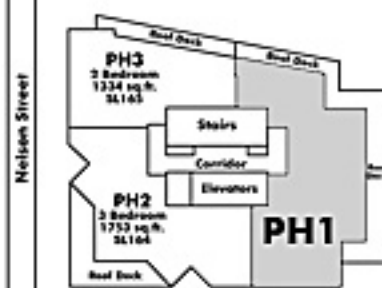
Beatty Street





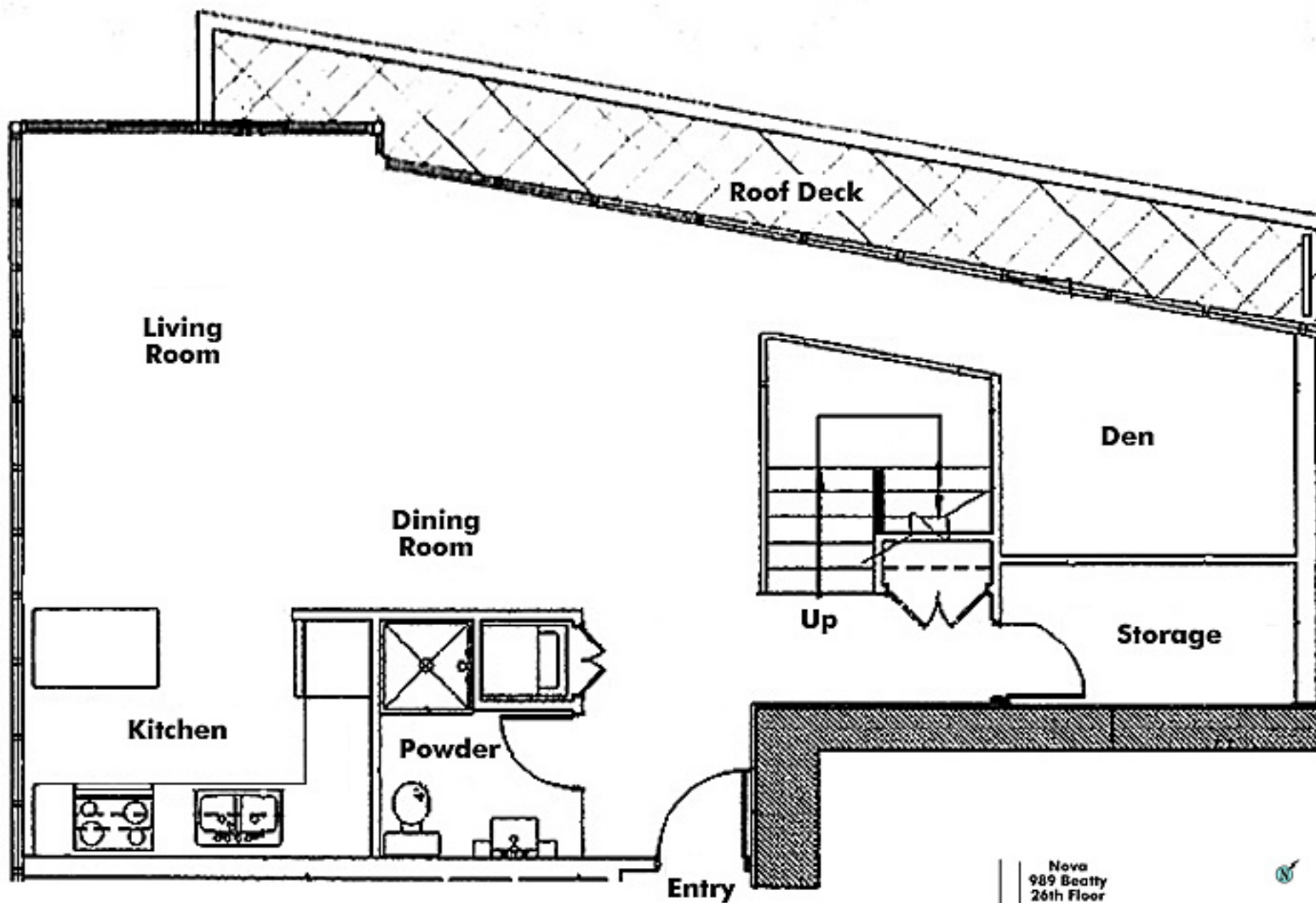


Nova
989 Beatty
26th Floor

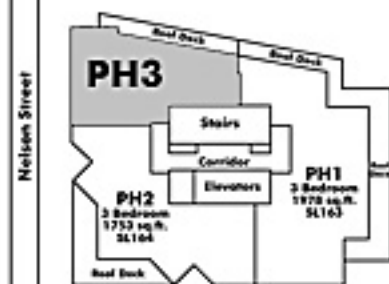


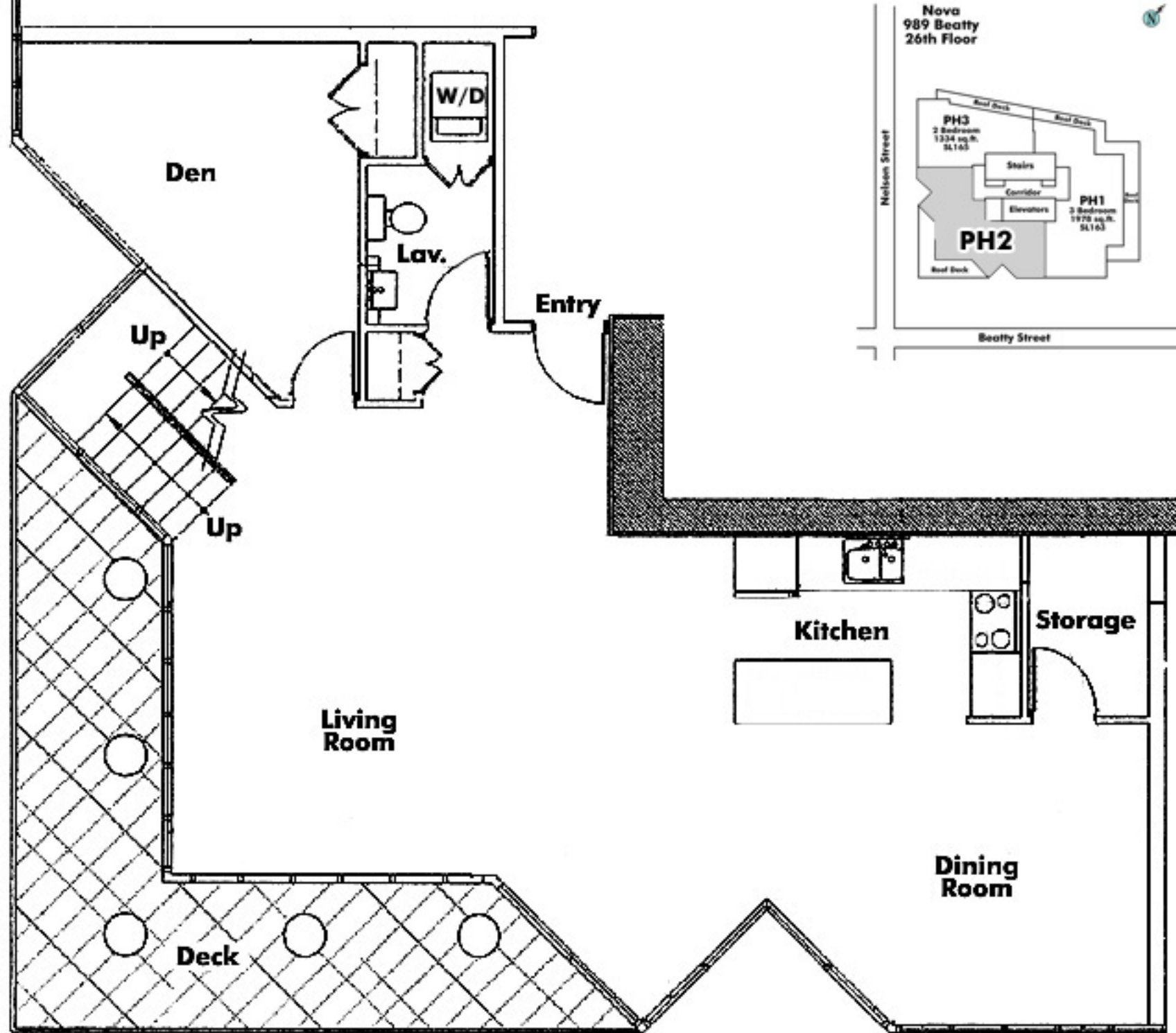
Neilsen Street

Beatty Street

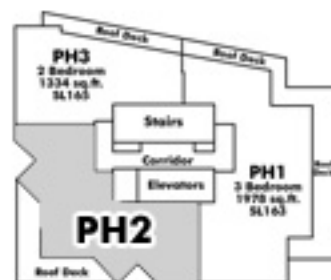


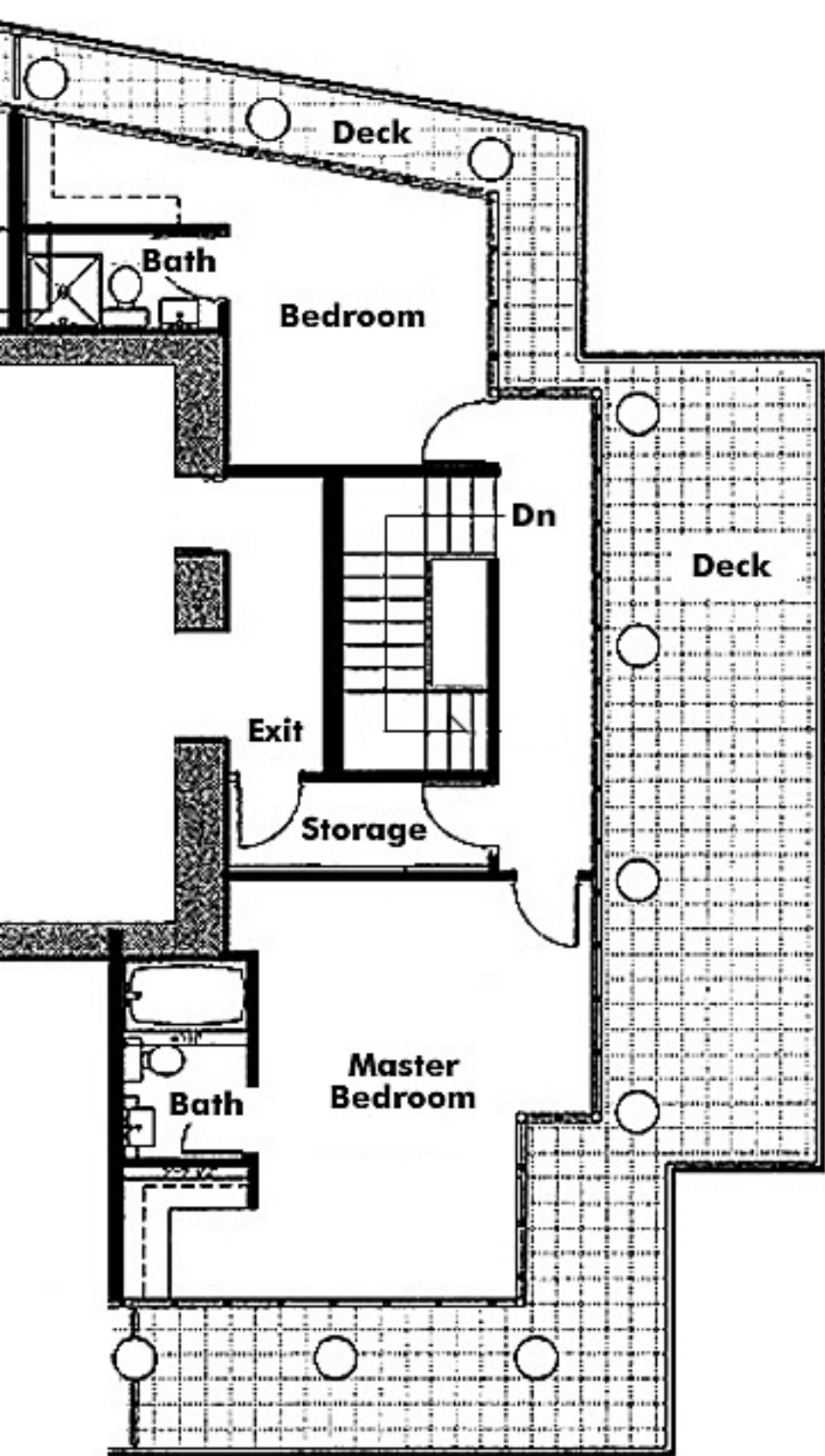
Nova
989 Beatty
26th Floor

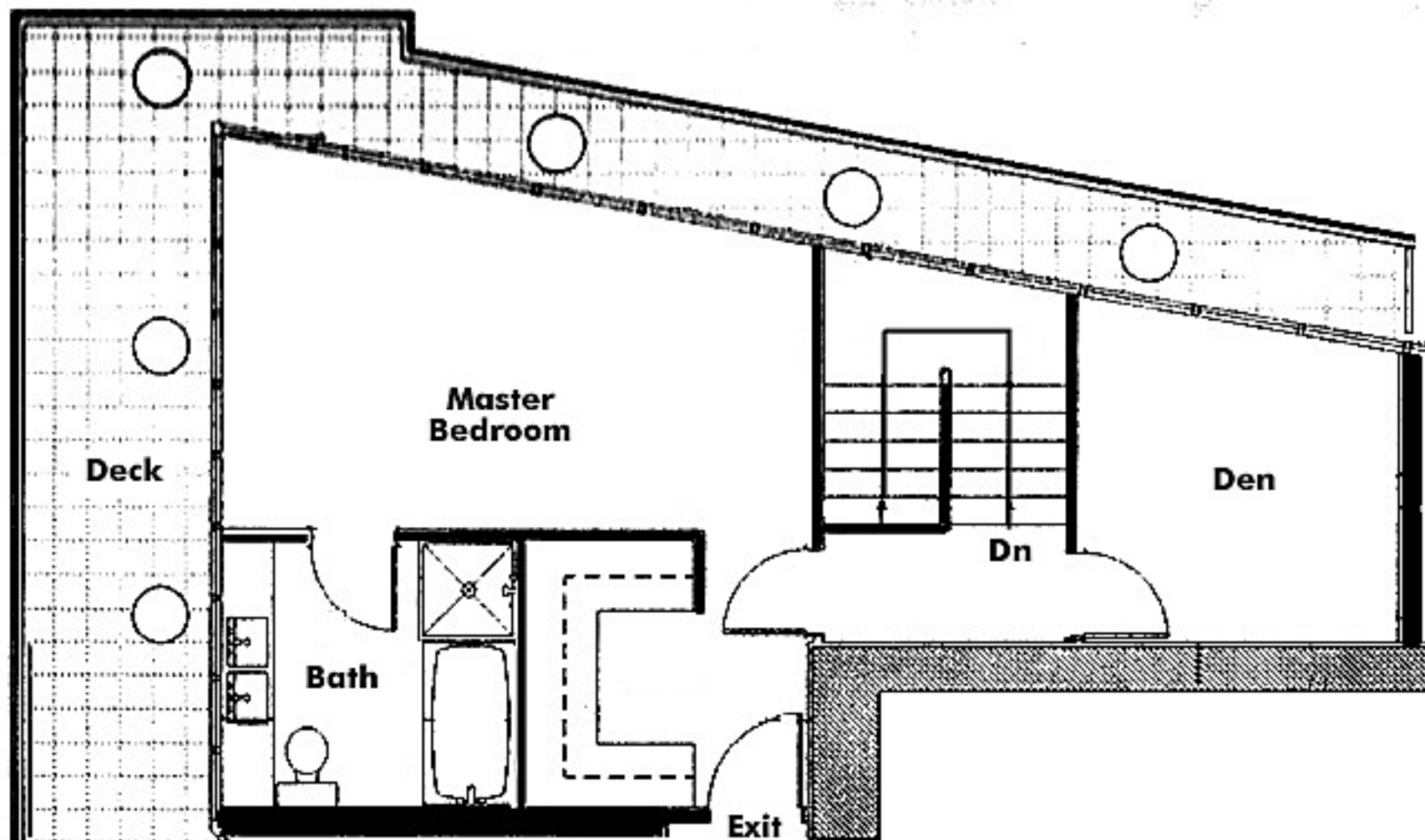


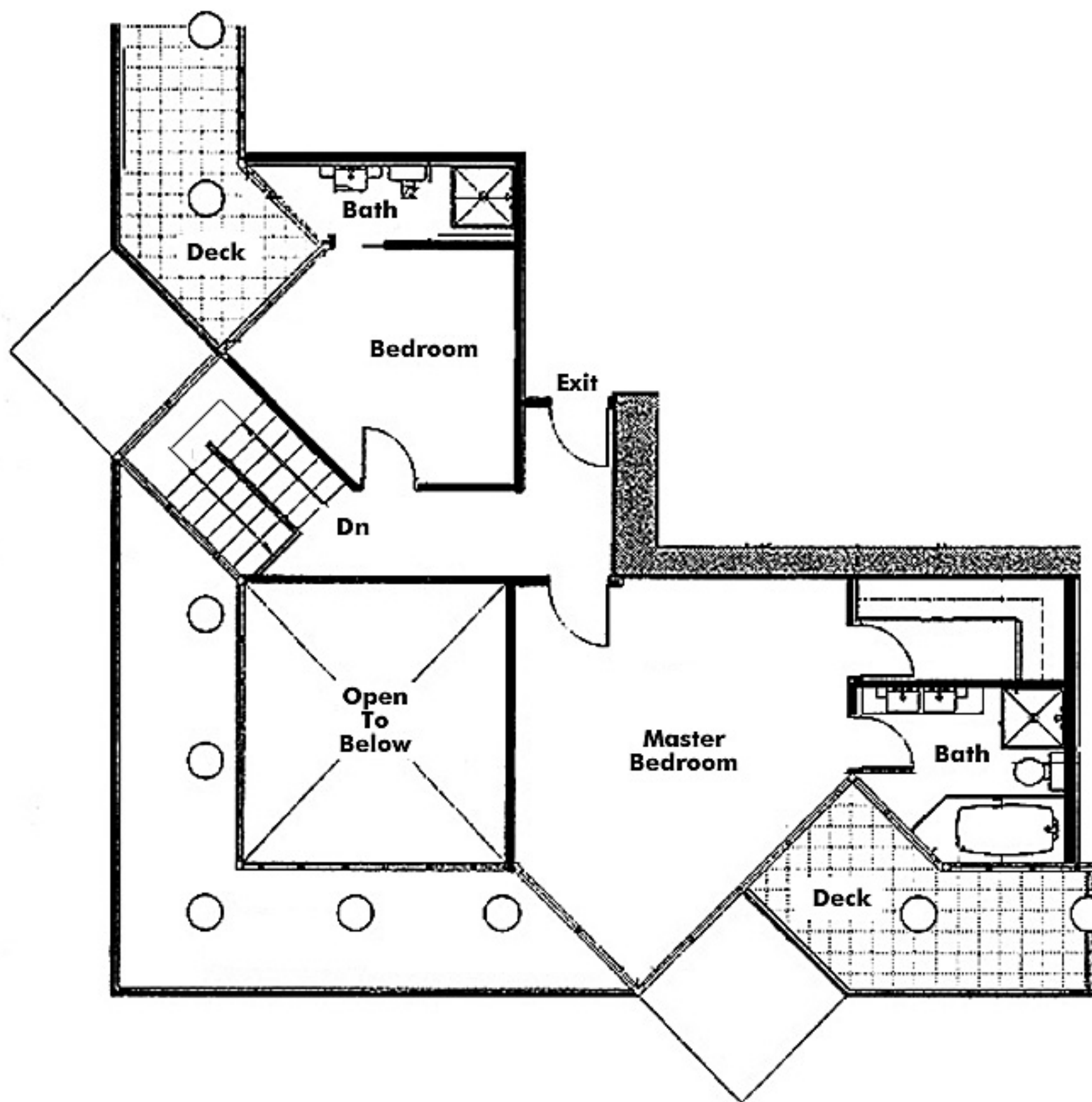


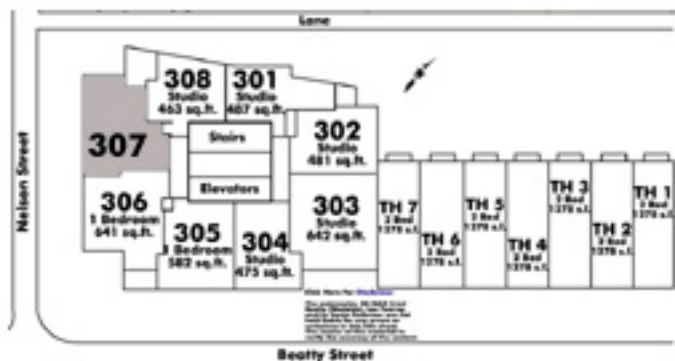
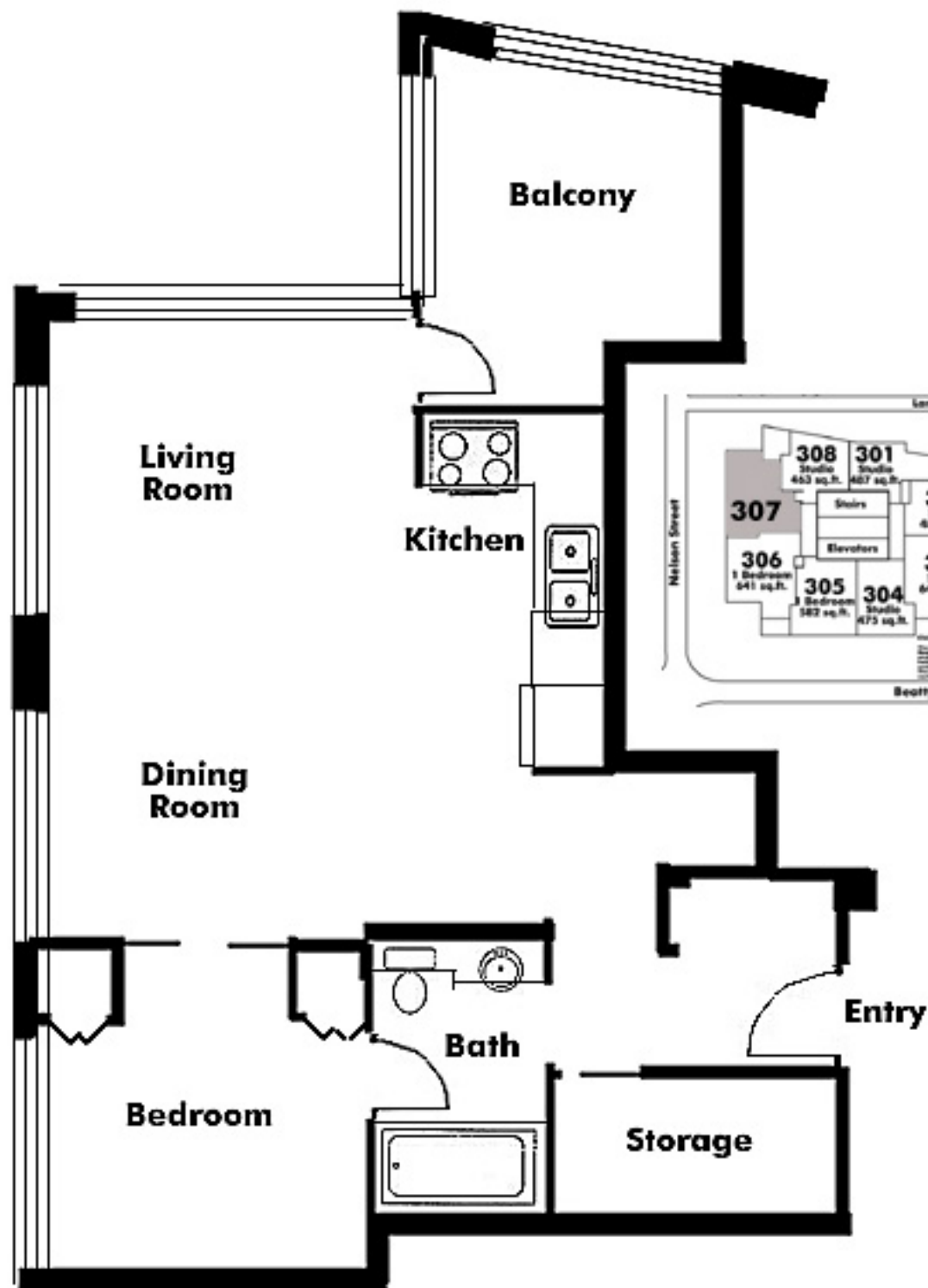
Nova
989 Beatty
26th Floor

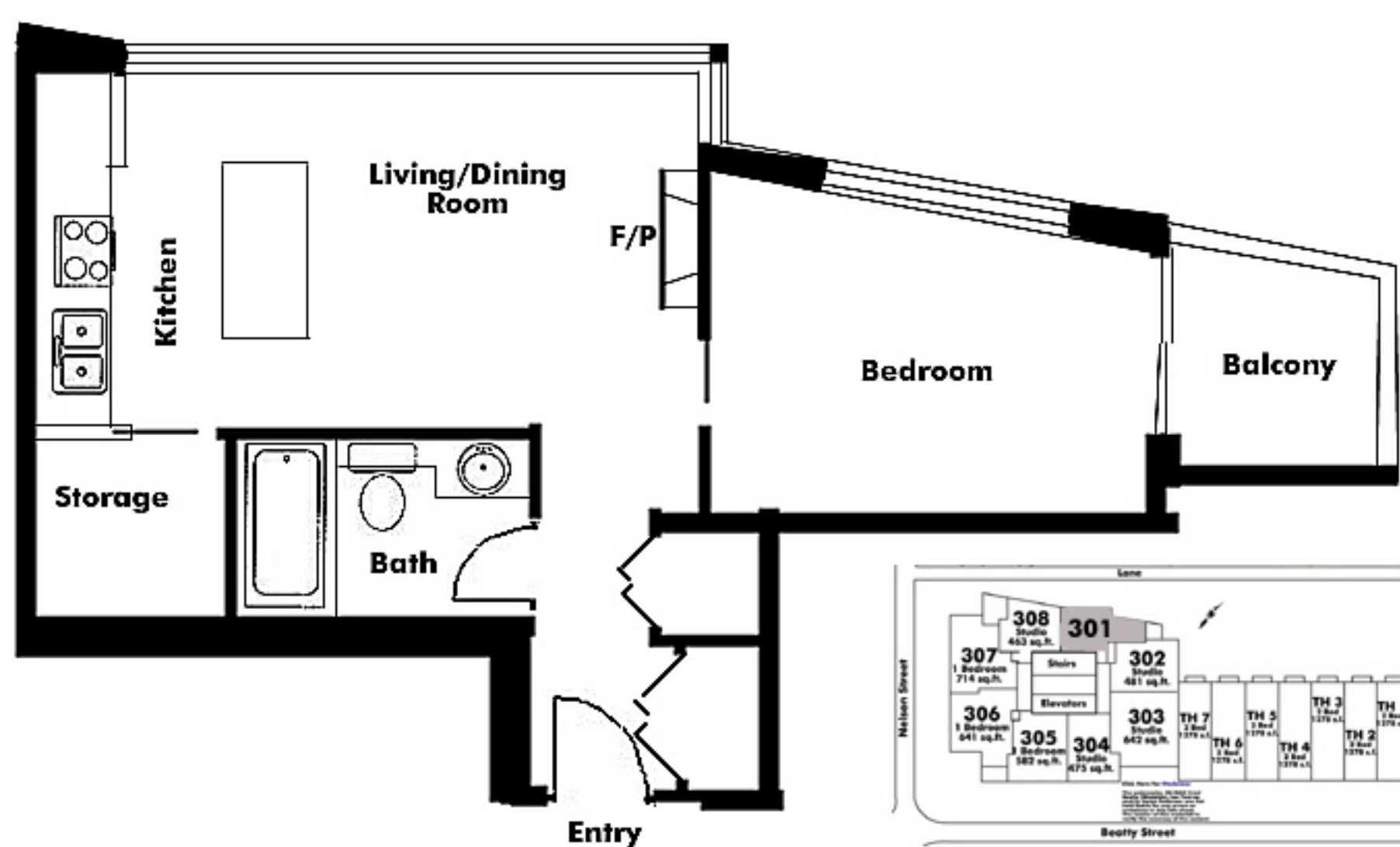


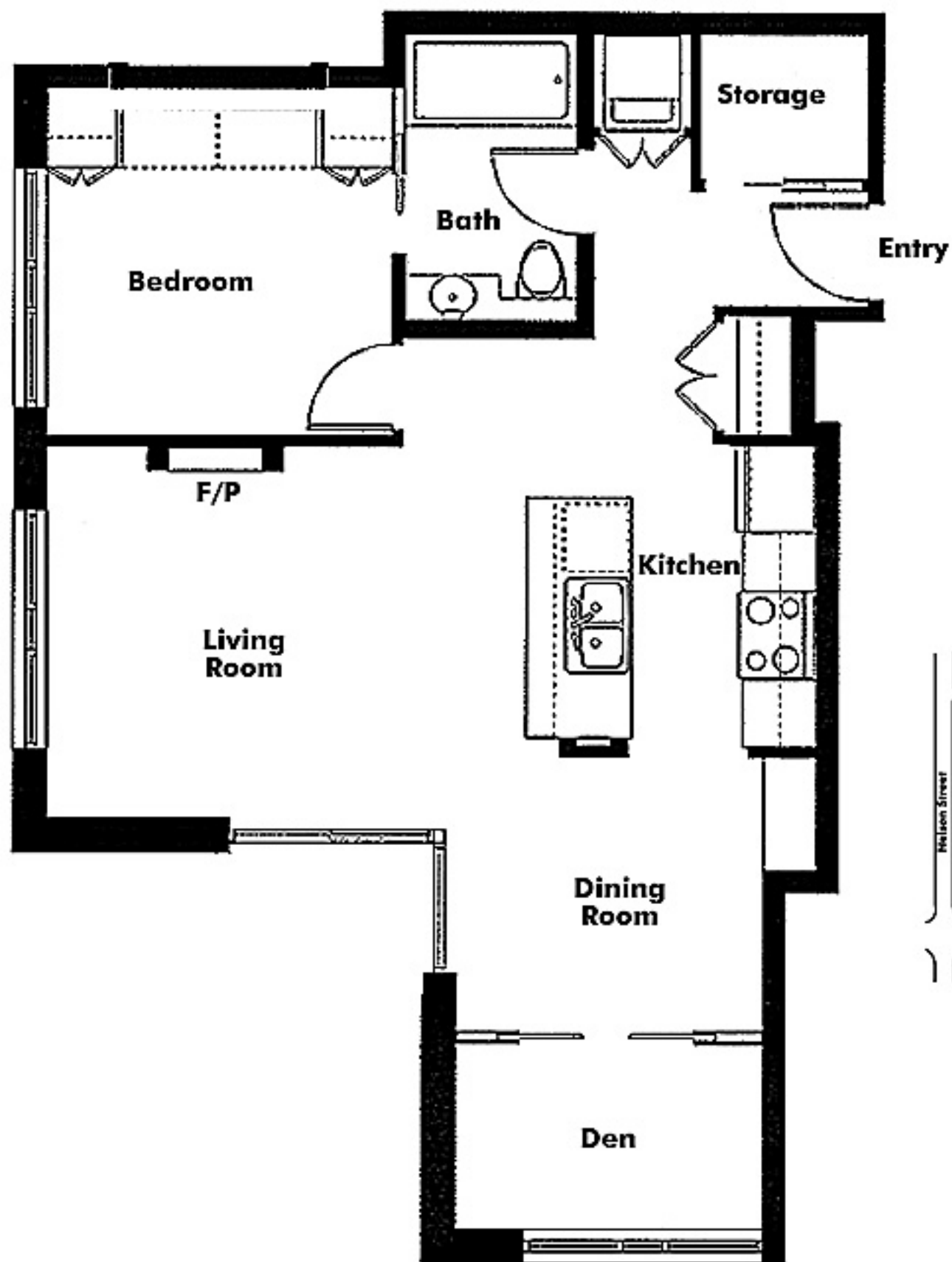




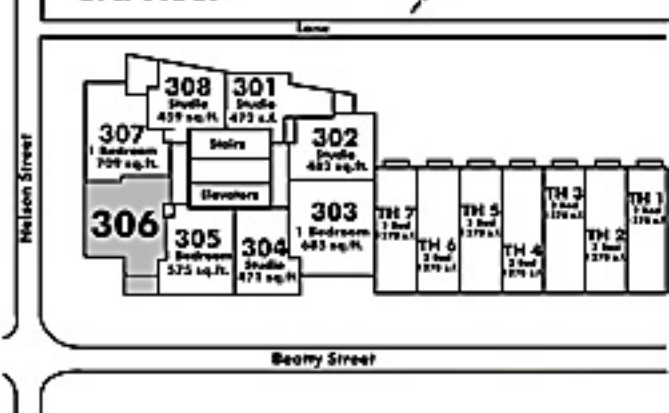


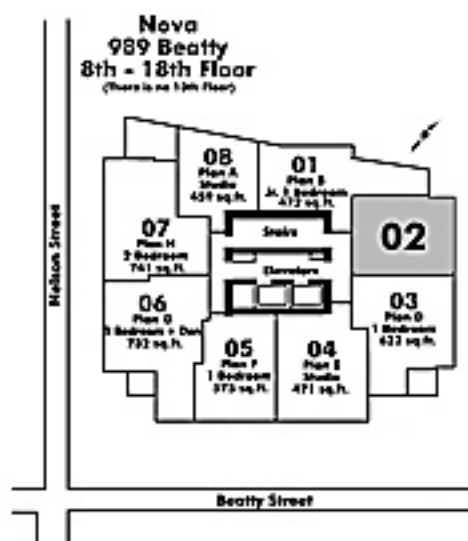
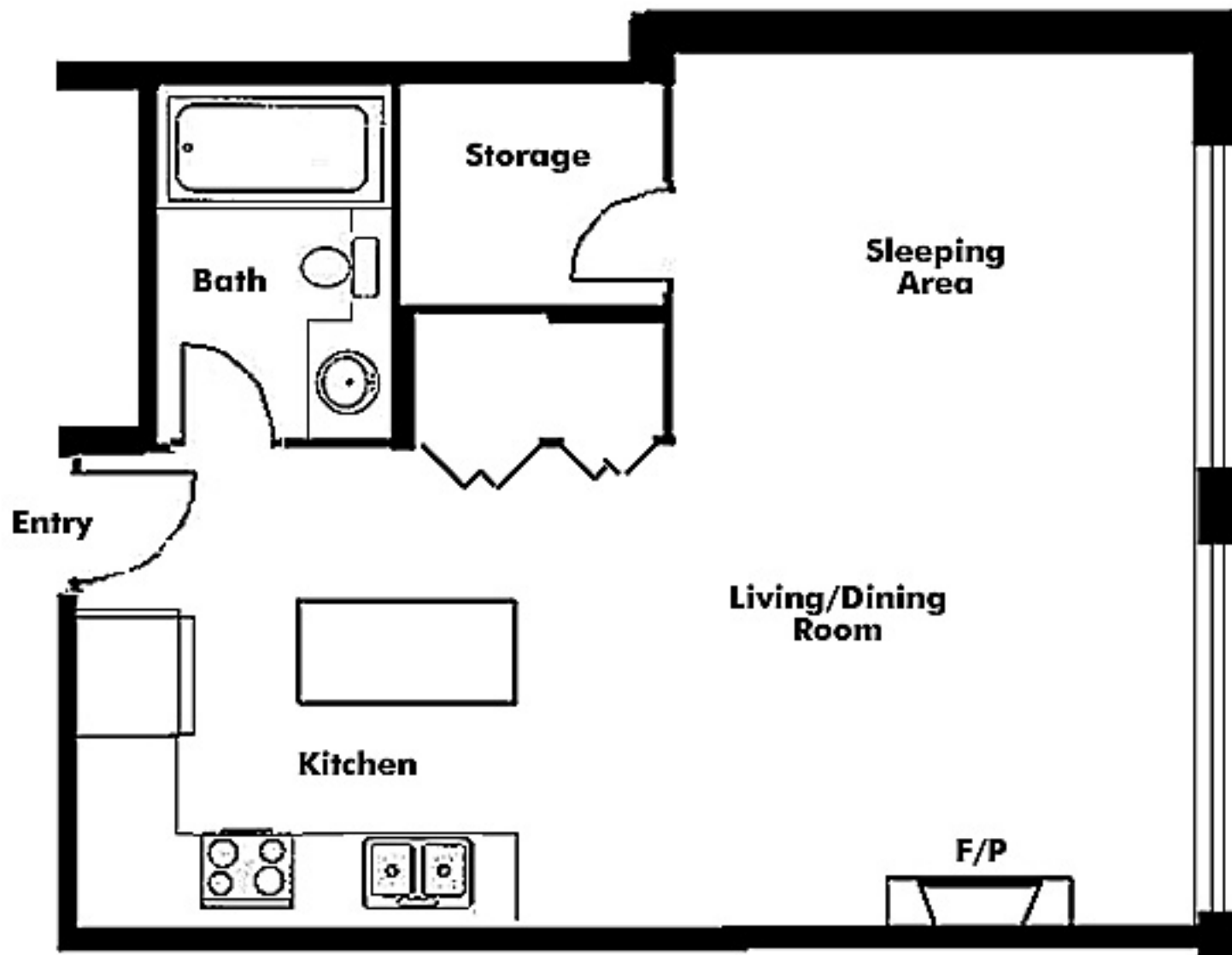


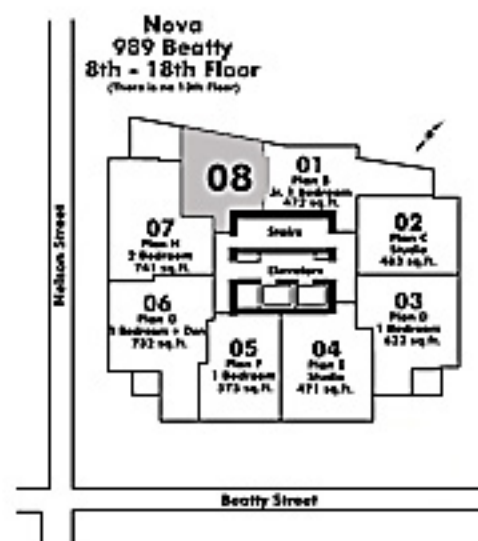
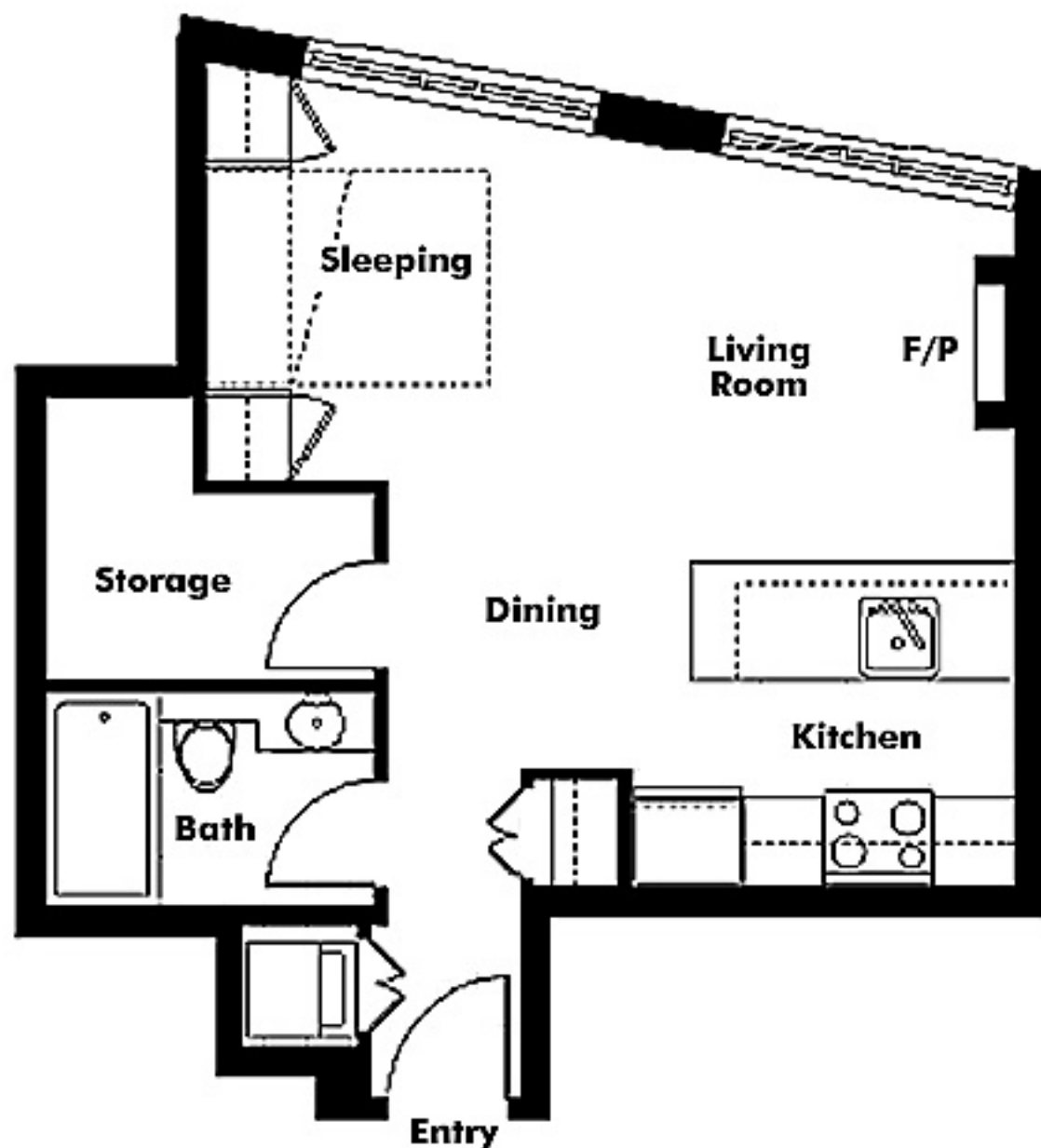




Nova 989 Beatty 3rd Floor







Entry

Kitchen

Storage

Bath

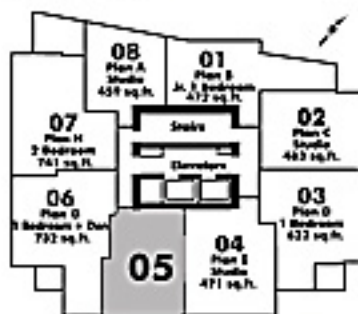
Dining Room

Bedroom

F/P

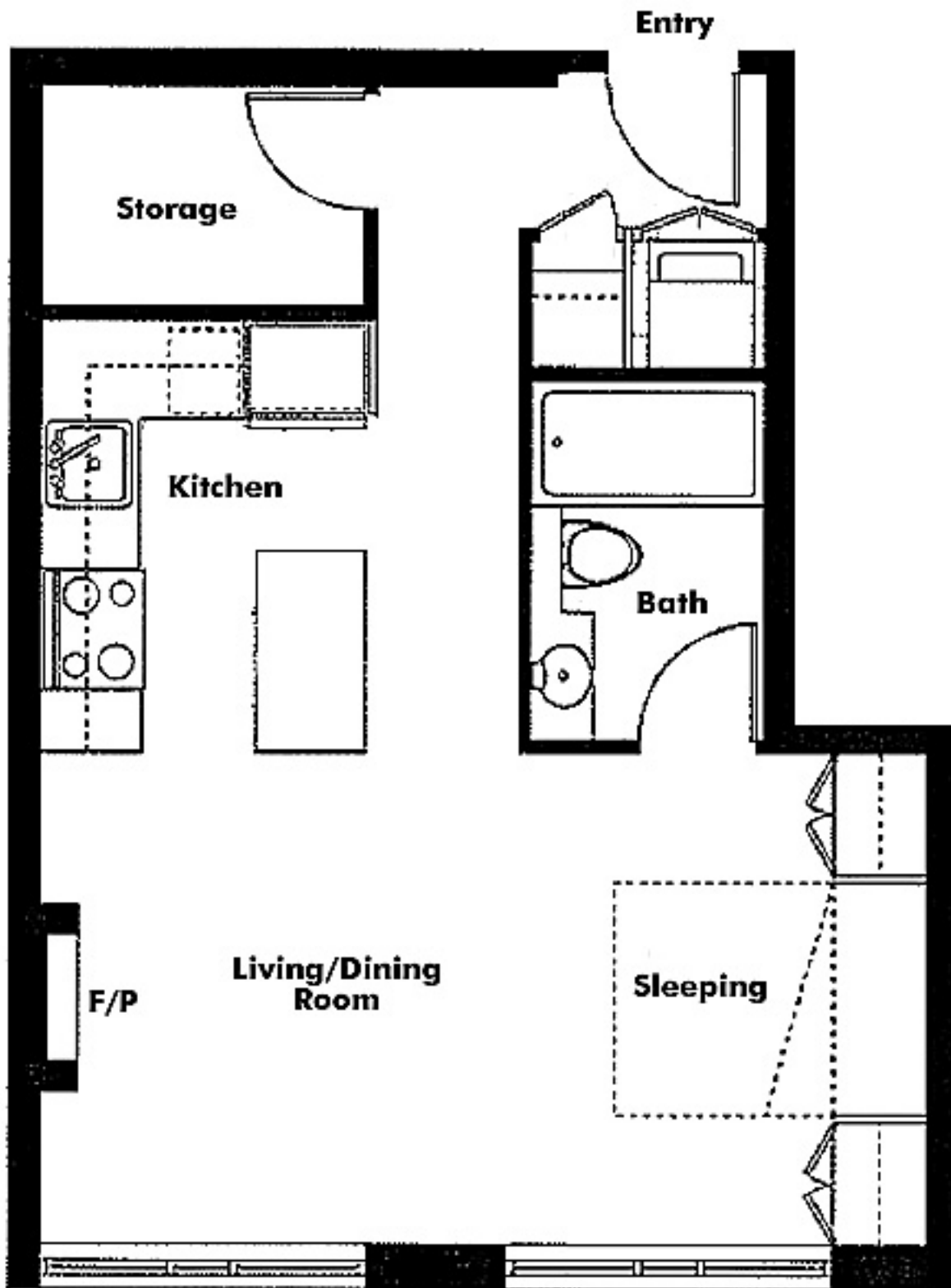
Living Room

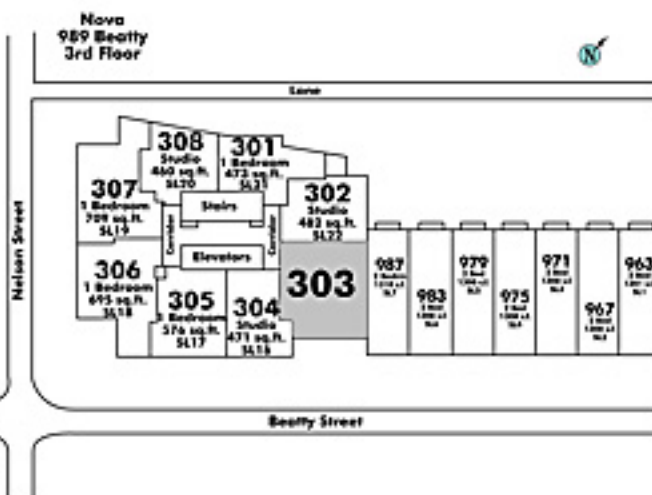
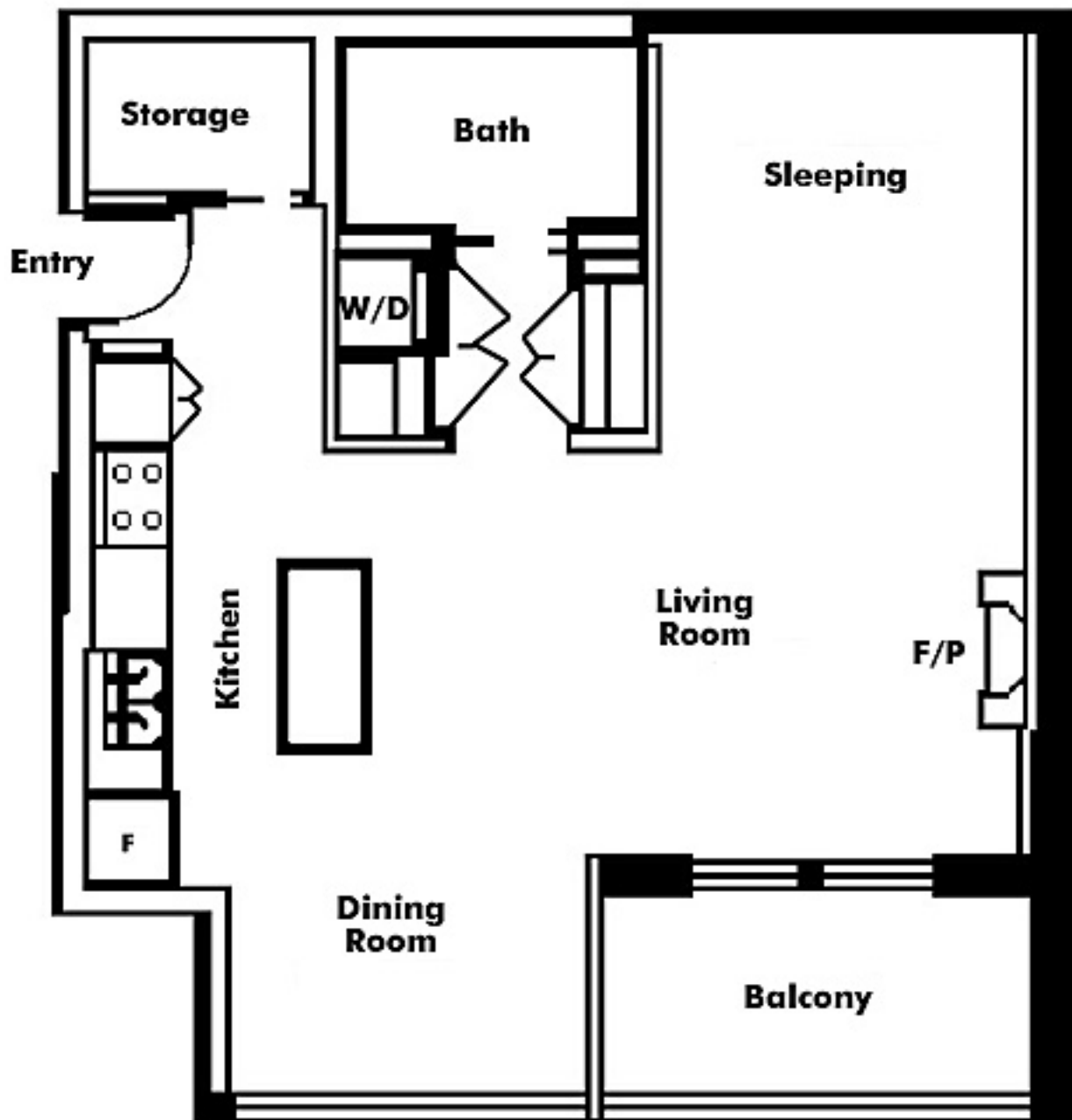
Nova
989 Beatty
8th - 18th Floor
(There is no 13th floor)

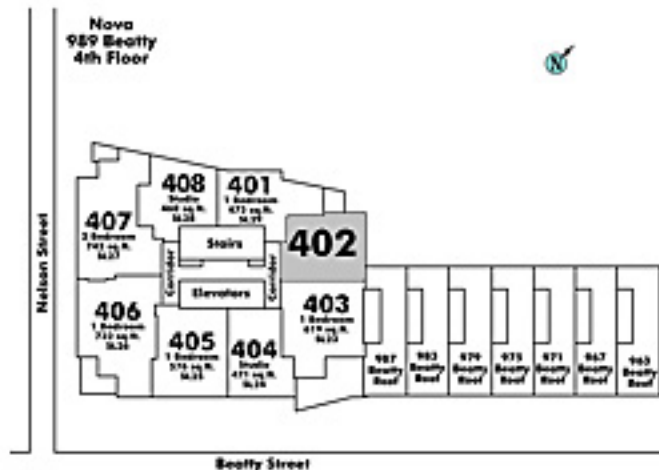
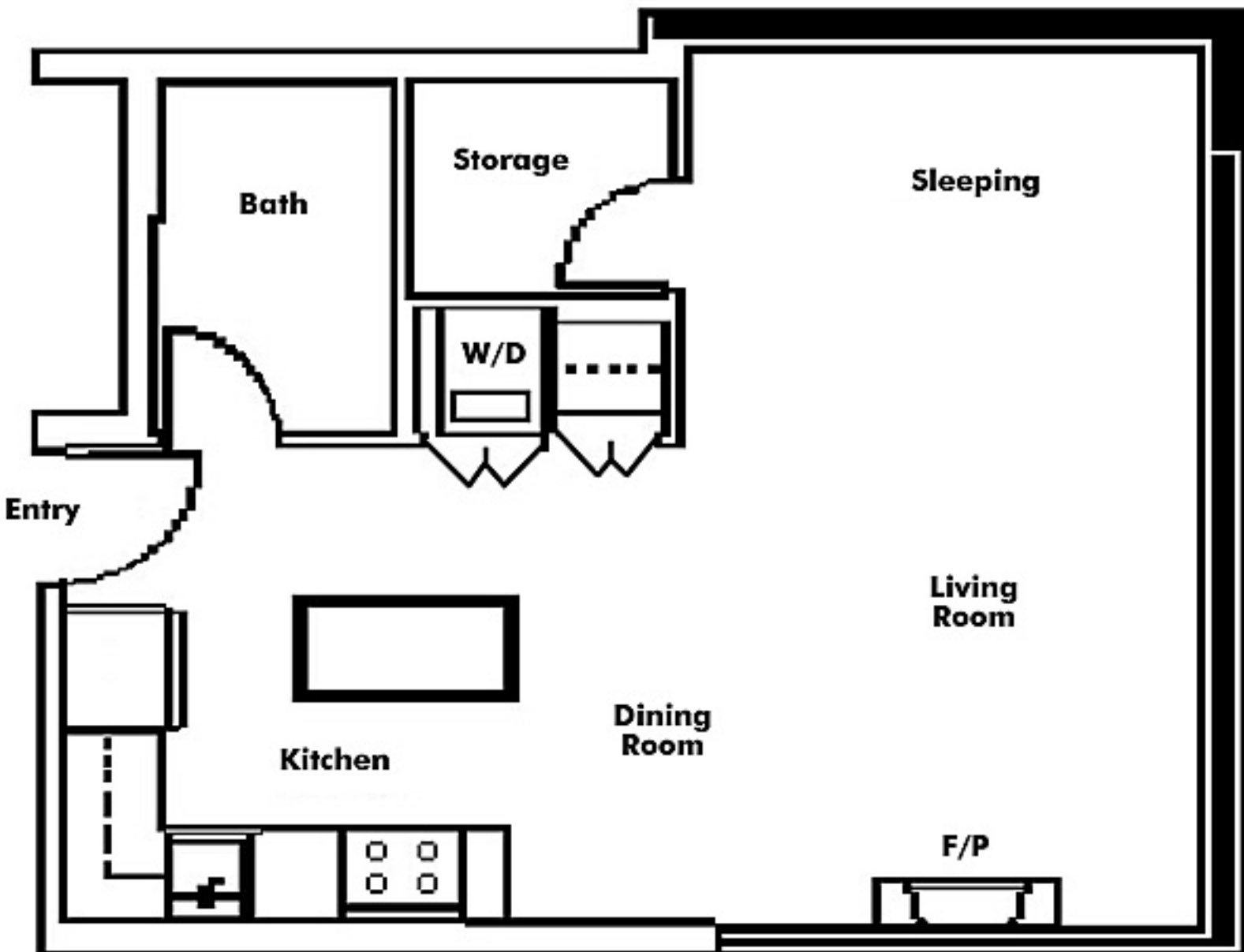


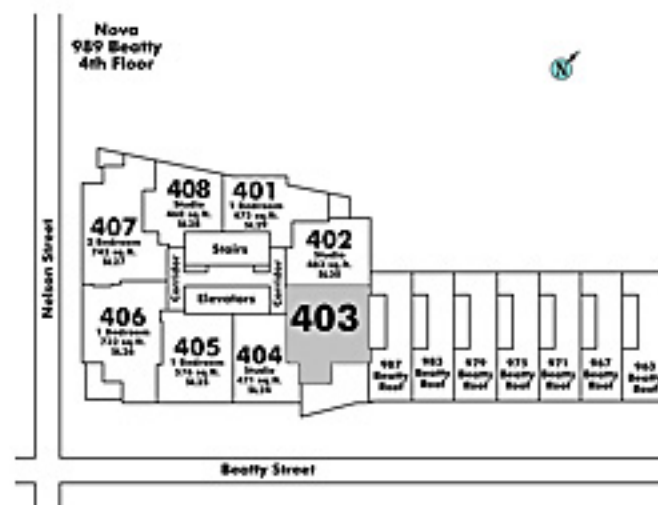
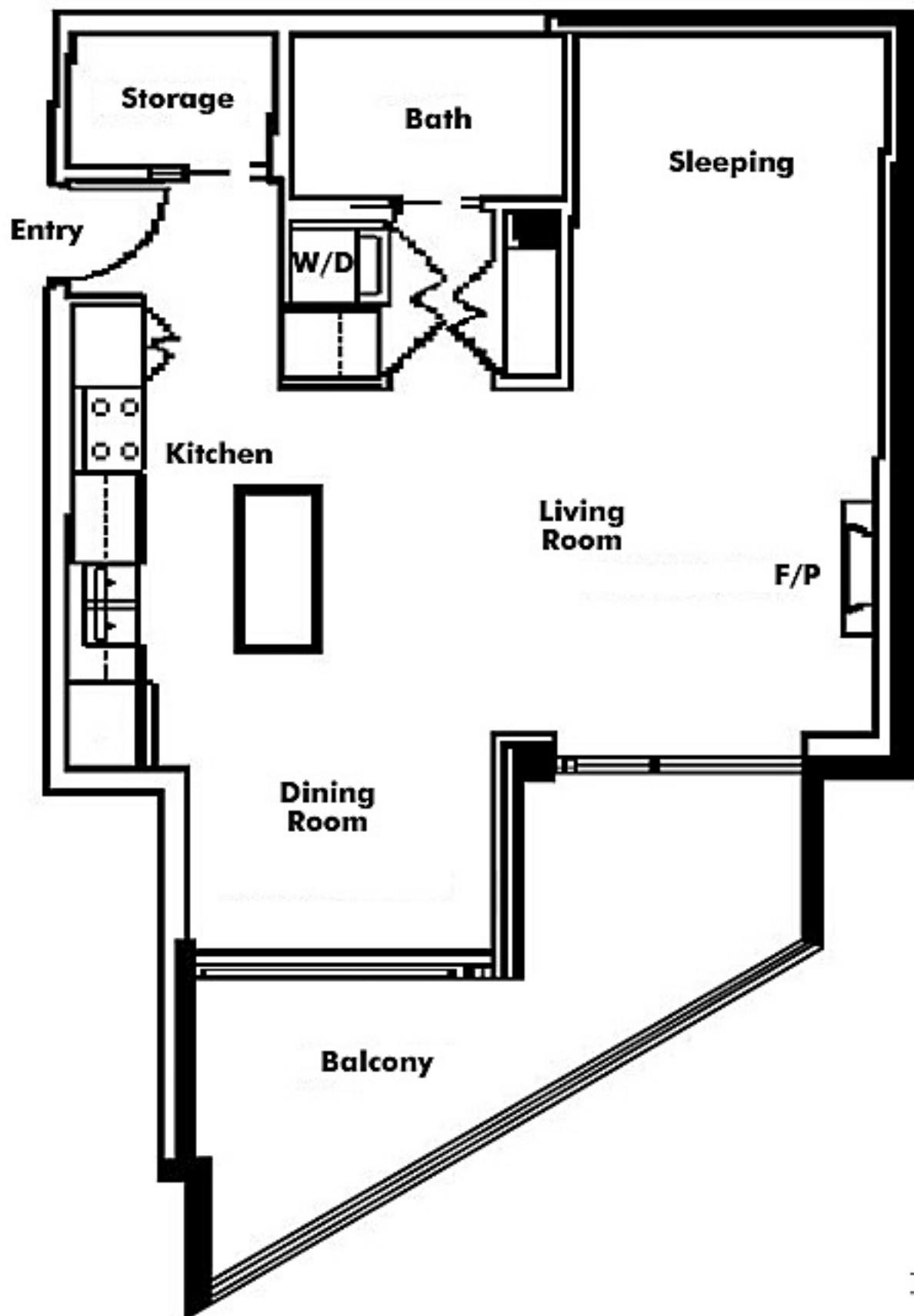
Madison Street

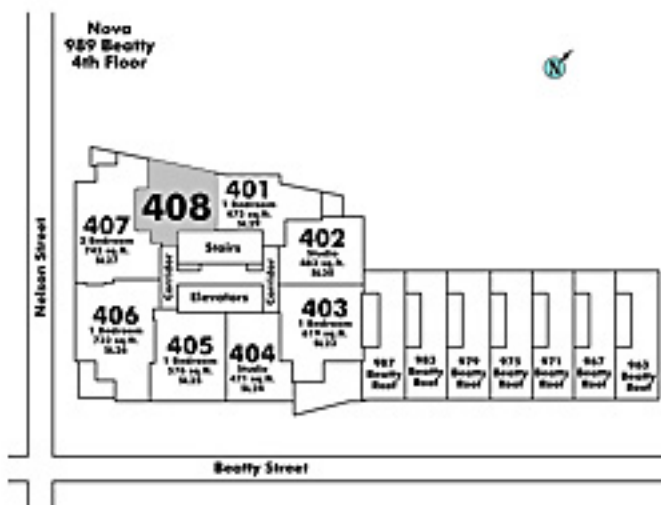
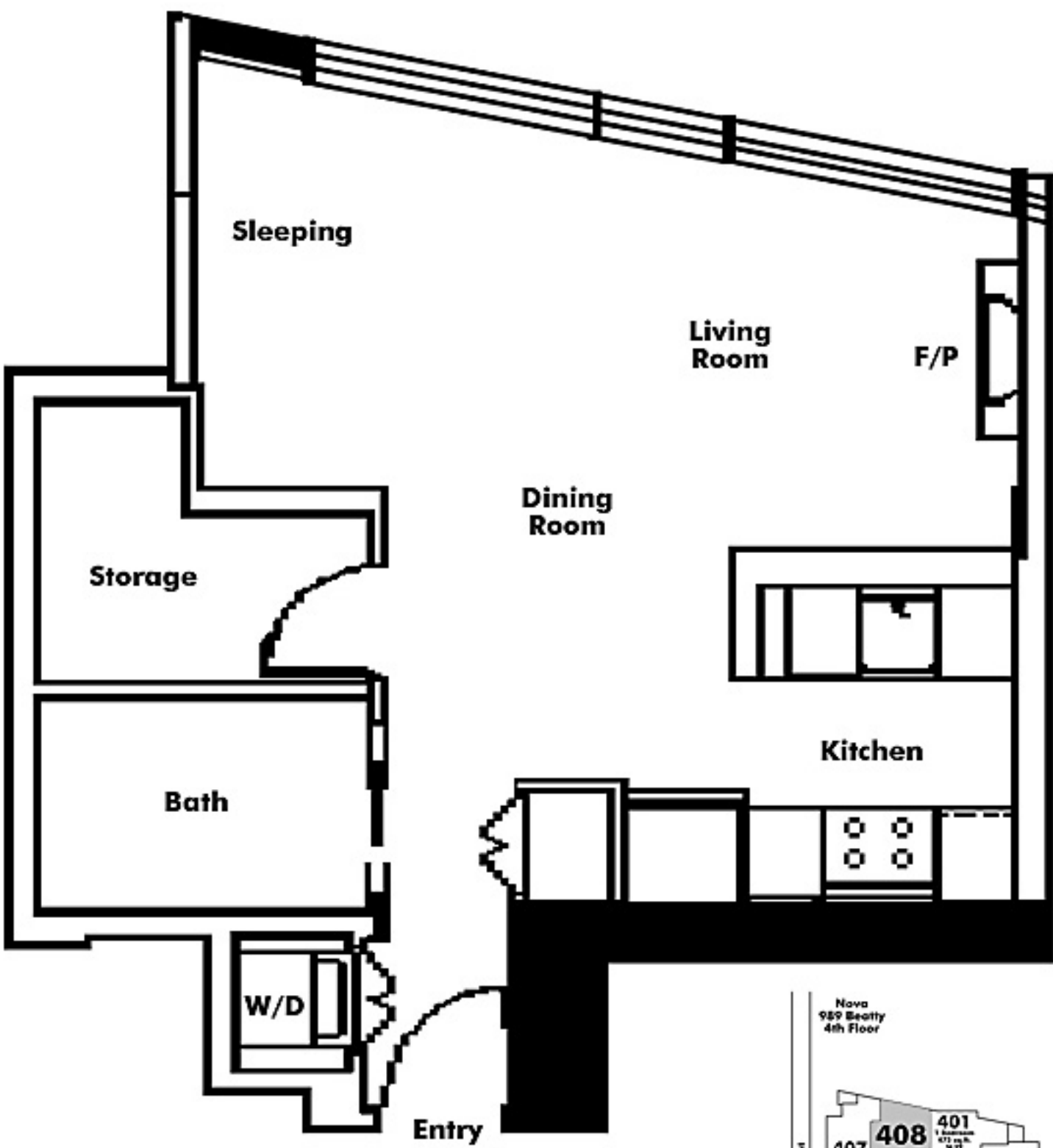
Beatty Street

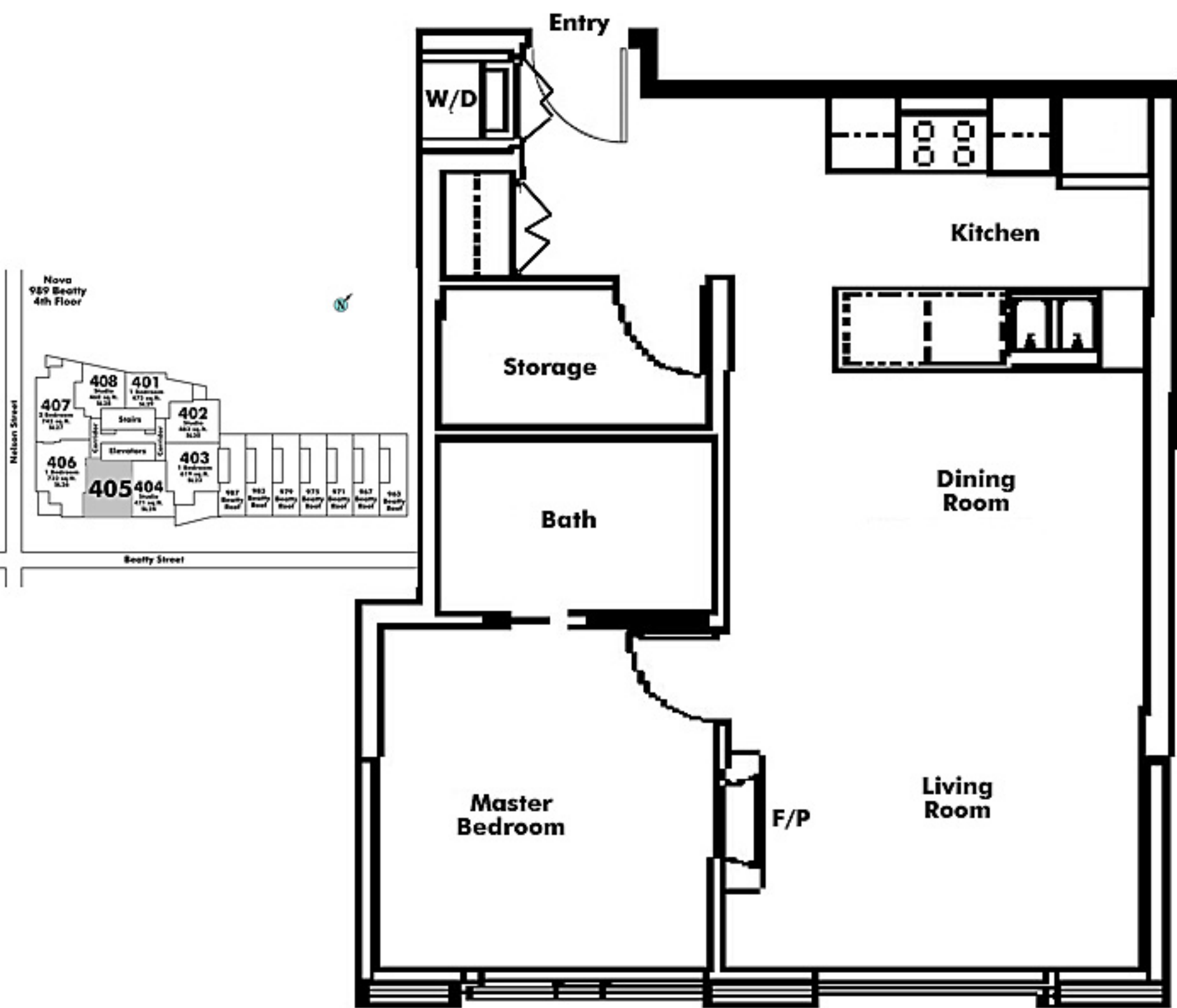


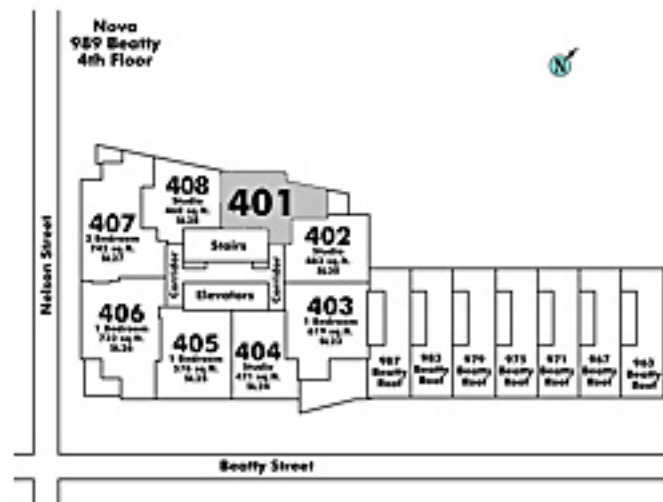
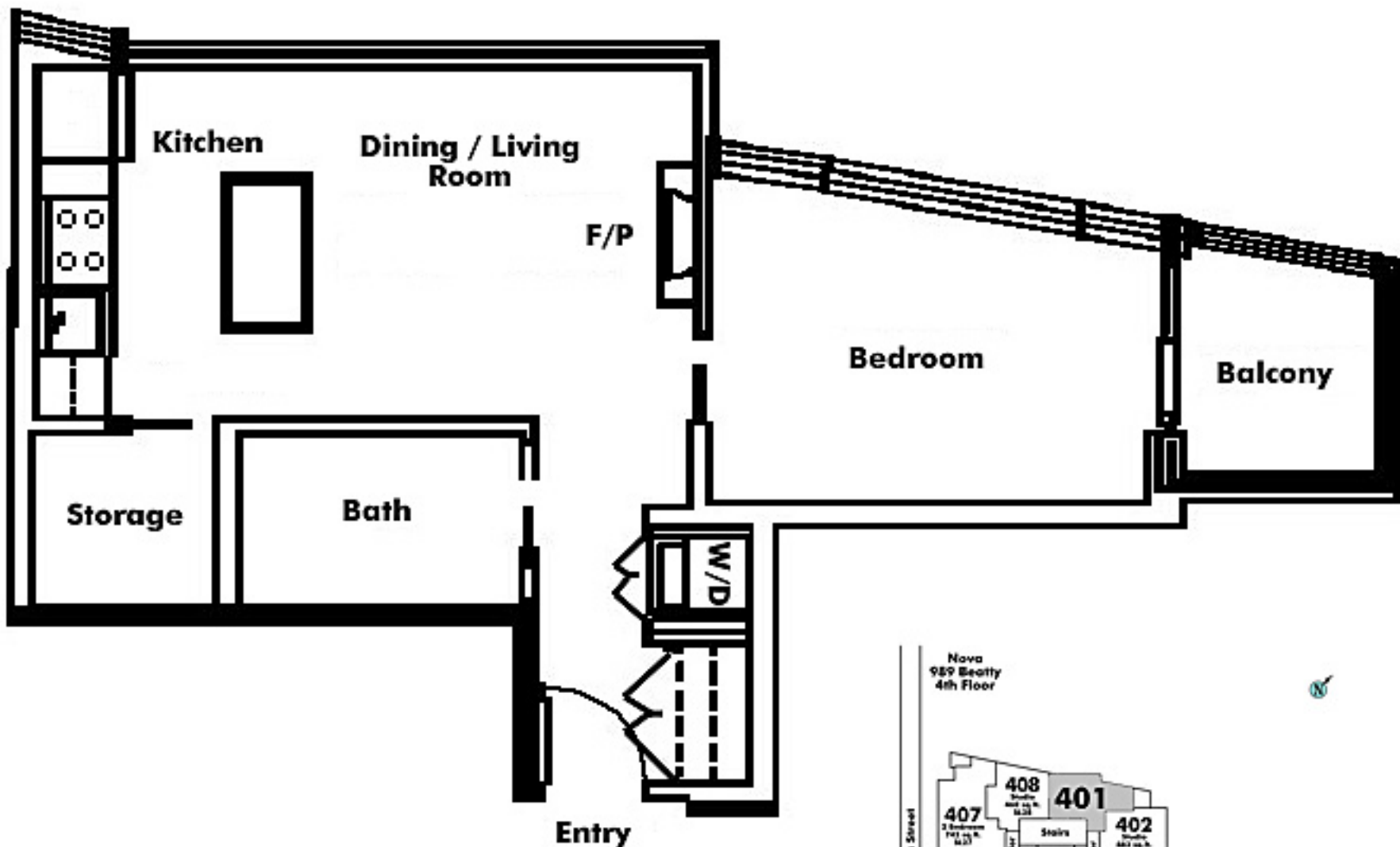


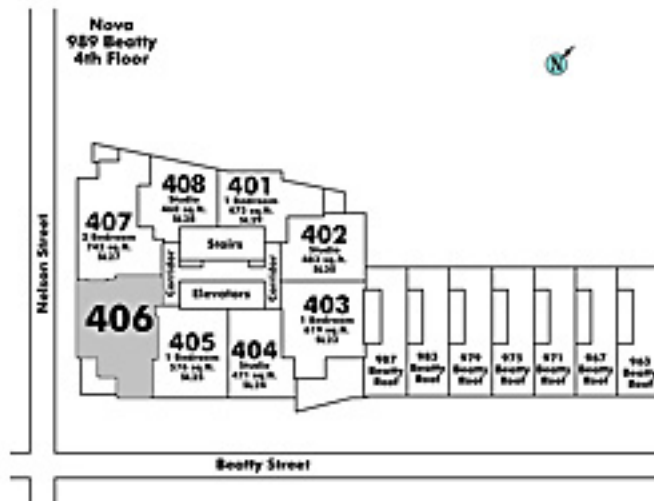
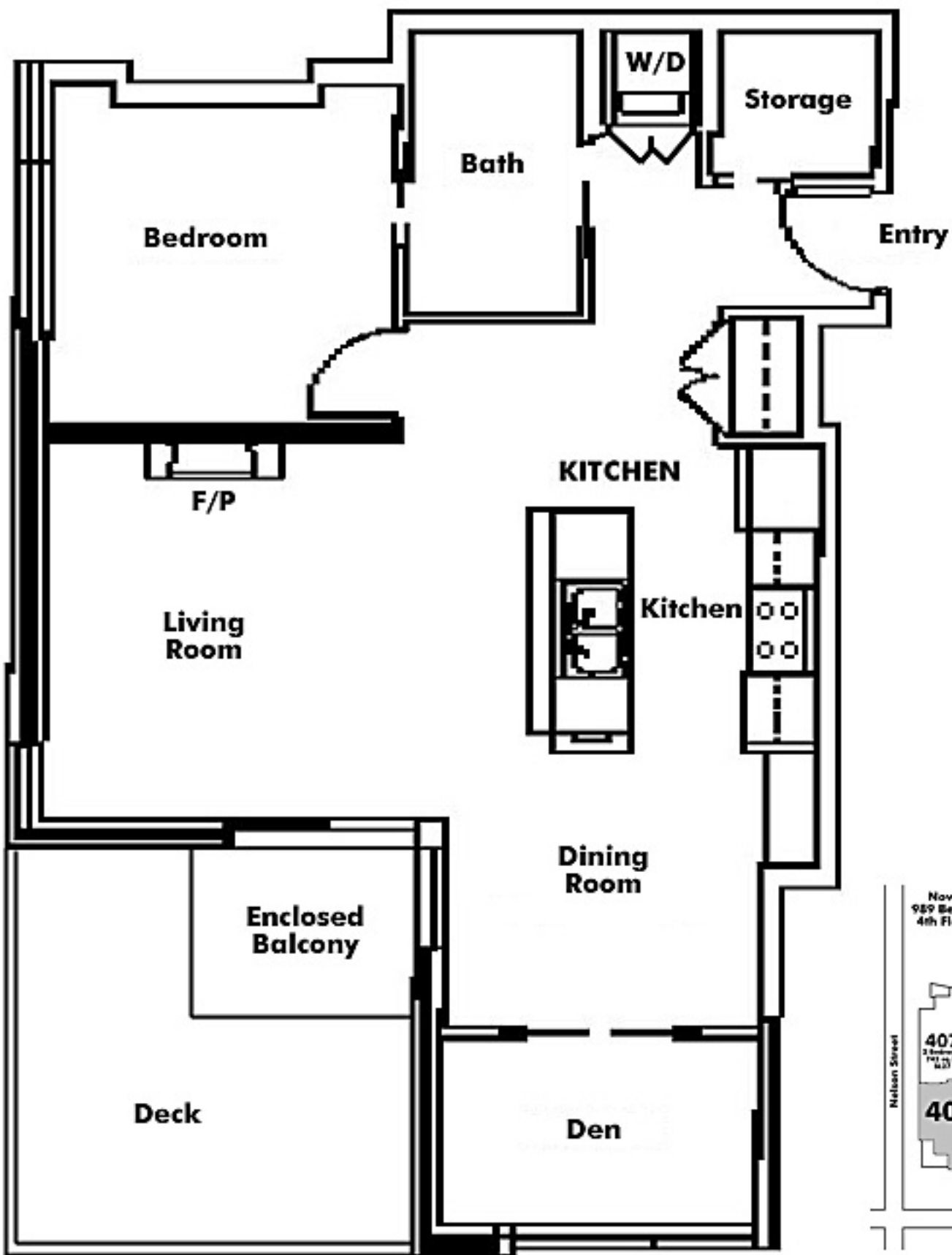


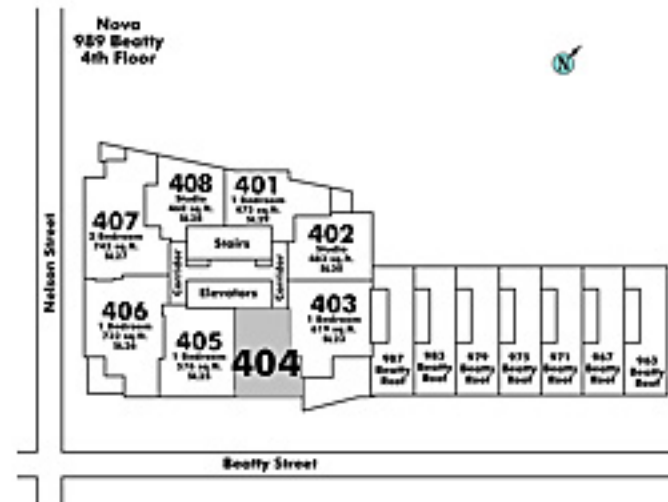
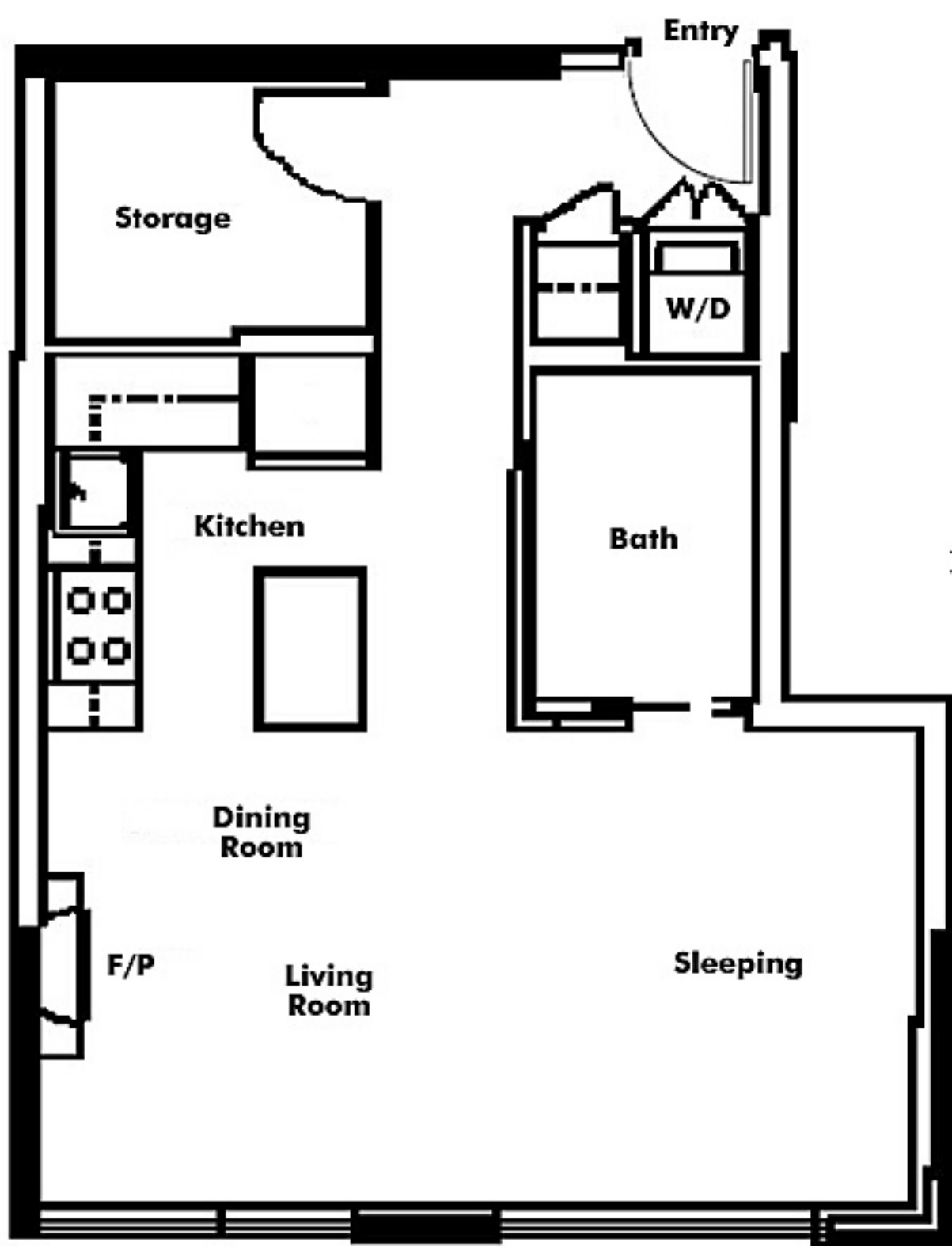


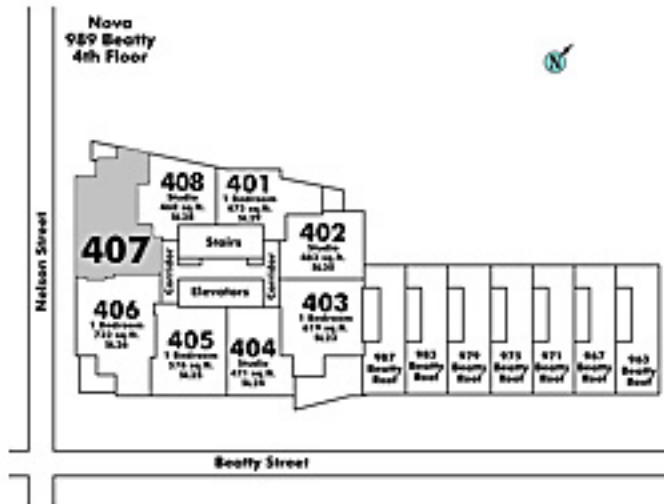
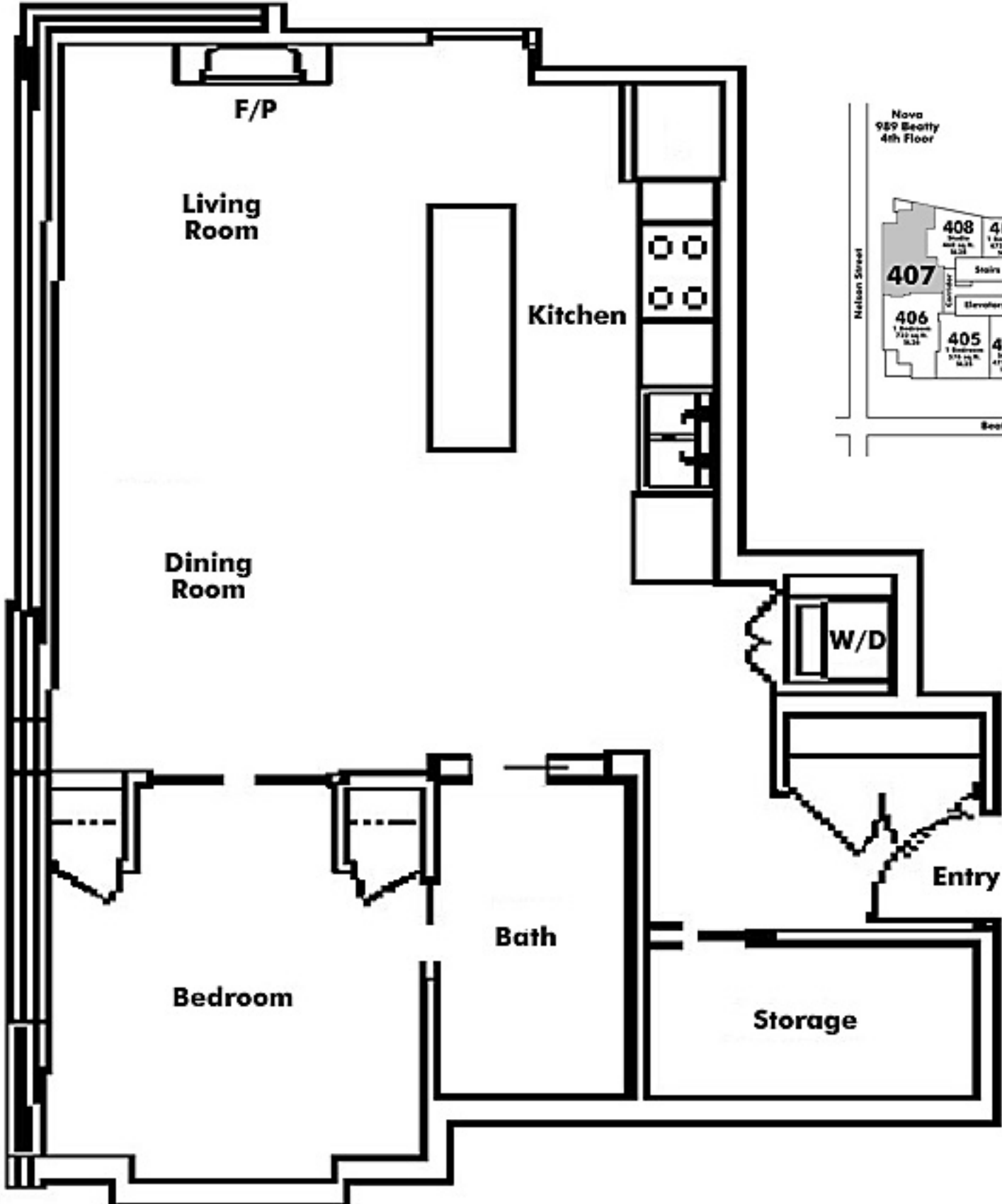


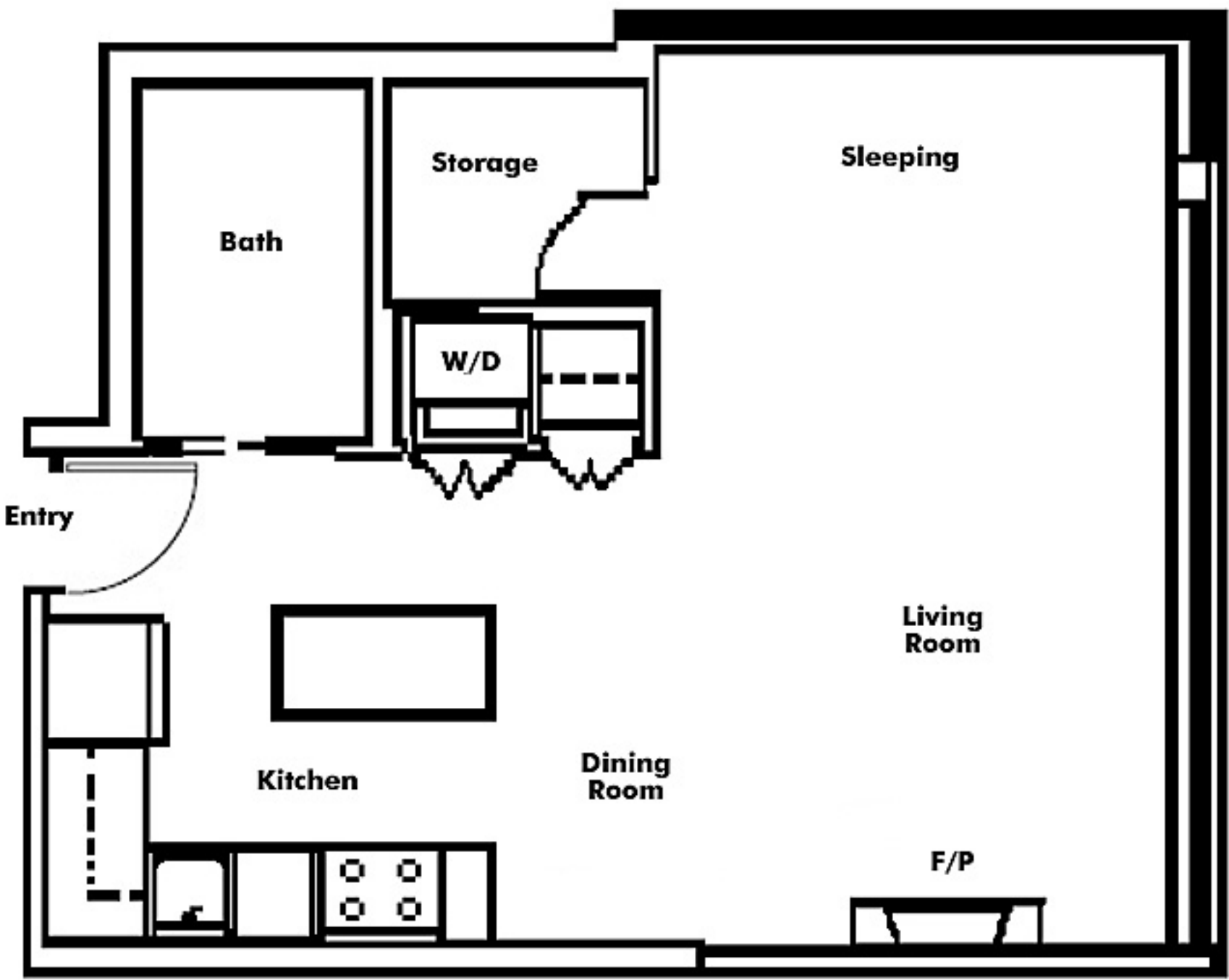




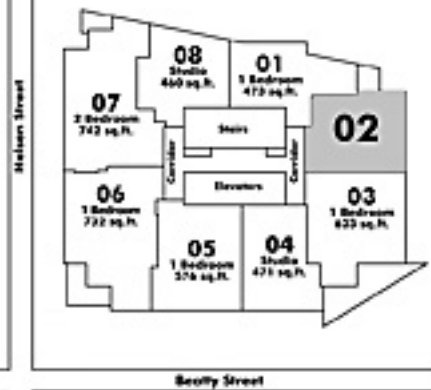


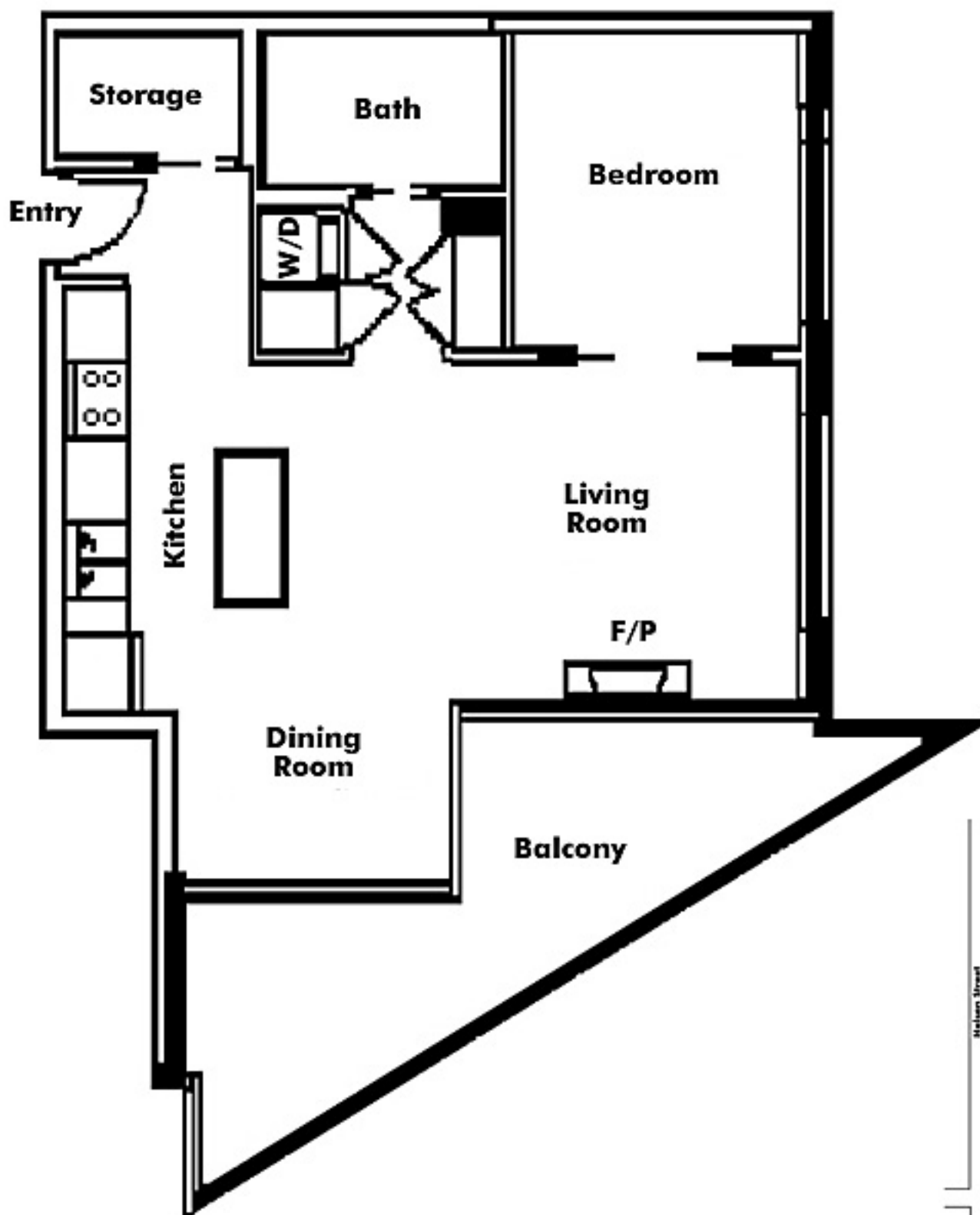






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