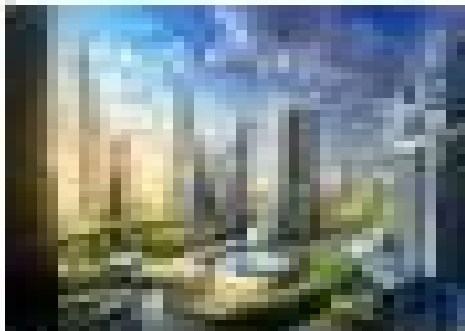

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly 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 in the walking program was measured at baseline and at 12 weeks. The physical health measures included heart rate, blood pressure, and body mass index. The psychological health measures included self-reported stress, anxiety, and depression. The results of the study showed that the women in the walking program had significantly lower heart rates, blood pressures, and body mass indices at 12 weeks compared to the control group. Additionally, the women in the walking program reported significantly lower levels of stress, anxiety, and depression at 12 weeks compared to the control group. These findings suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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Summary

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The Epistemology of Utopia Jorge Bastos da Silva, 2013-05-20 The emergence of Utopian Studies as a dynamic field of inquiry situated at the crossroads of several disciplines is a striking development of the past few decades It is symptomatic of a general trend towards the overcoming of epistemological and institutional boundaries and has borne fruit in a number of ways The traditions of utopianism have come to be valued as an important nurturing of possibilities devoted to the critique and the transformation of the world By undertaking the critical interrogation of the given utopia is a figure not only of inversion but of transcendence and fulfilment The present volume takes into account the international development of Utopian Studies in recent decades Its aim is to provide critical revisions revisitings of the assumptions and methods of the discipline through a set of theoretically informed essays that focus on a number of different manifestations of utopianism The topics covered range from Plato's Republic and More's Utopia to modern day cosmopolitics glocalization and the intersections of fiction with esotericism and science

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