

PLAT RECORDING SHEET

PLAT NAME: Lakes of Williams Ranch, Sec. 1 Partial Replat No. 2

PLAT NO: _____

ACREAGE: 0.9232

LEAGUE: Joseph Kuykendahl League

ABSTRACT NUMBER: 49

NUMBER OF BLOCKS: 1

NUMBER OF LOTS: 3

NUMBER OF RESERVES: 0

OWNERS: Phil & Mary Hulsizer and Benoy V. & Rose S. Benny

(DEPUTY CLERK)

[illegible]

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 conducted in a community-based setting. The study population consisted of 100 women who were sedentary and had no history of cardiovascular disease. The women were randomly assigned to either a walking program or a control group. The walking program consisted of walking for 30 minutes, 3 times per week, at a pace of 3 miles per hour. The control group was instructed to continue with their usual level of activity. The study was conducted over a 12-week period. The primary outcome measures were changes in physical fitness, as measured by heart rate, blood pressure, and body mass index, and changes in psychological health, as measured by the Beck Depression Inventory. The results of the study showed that the walking program had a significant positive effect on physical fitness and psychological health. The women in the walking program showed significant improvements in heart rate, blood pressure, and body mass index compared to the control group. Additionally, the women in the walking program showed significant improvements in psychological health, as measured by the Beck Depression Inventory, compared to the control group. The results of this study suggest that a 12-week, low-intensity, supervised walking program can have a significant positive effect on the physical and psychological health of sedentary, middle-aged women.

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PLAT MAP OF A PORTION OF THE CITY OF CHICAGO

1" = 100'

W. Belmont St.

W. Madison St.

N. 27th St.

N. 28th St.

LOT 14A

0.2459 ACRE

(10,710 SQ. FT.)

LOT 15

LOT 16

W. Belmont St.

W. Madison St.

N. 27th St.

N. 28th St.

1900

J. H. H. & Co. Surveyors

[illegible][illegible]