



LOW IMPACT

20 MINUTE **WALKING** **WORKOUT** FOR SENIORS

Walking Workout 2025

Pasquale De Marco



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Just Use Postgres! Denis Magda, 2025-12-30 You probably don't need a collection of specialty databases. Just use Postgres instead. Need a fast, reliable SQL-compliant RDBMS? Just use Postgres. Need to work with geospatial data? Just use Postgres. Handling semi- or non-structured documents? Just use Postgres. Generative AI embeddings? You've got it, just use Postgres. Written for software engineers and database pros, *Just Use Postgres* shows you how to get the most out of the powerful PostgreSQL database. In *Just Use Postgres*, you'll learn how to develop generative AI, geospatial, and time series applications. Everything from transactional RDBMS services to specialized workloads. Modern SQL, including window functions, CTEs, and JSON data. Implement full-text search, B-trees, GIN, HNSW, expression, and more Postgres extensions. Since its initial release in 1996, PostgreSQL (aka Postgres) has grown into the most popular and powerful full-featured open-source RDBMS available. *Just Use Postgres* takes a modern look at Postgres, exploring the database's most up-to-date features for AI, time series, full-text search, geospatial, and other application workloads. About the book: *Just Use Postgres* uses relevant, concrete examples to show you how to interact with Postgres as a software developer. Each chapter focuses on a different use case, including an eCommerce application, a music streaming service, and other interesting challenges. You'll explore the Postgres techniques, features, and capabilities you need to streamline each app's unique data management issues. From fundamental RDBMS features to an ecosystem of extensions for generative AI and more, you'll learn how to get the absolute best out of Postgres. About the reader: For software developers who know the basics of SQL and relational databases. About the author: Denis Magda is a software engineer who started his career at Sun Microsystems and Oracle working on the Java platform and leading one of the Java development teams. After mastering Java from the inside, he ventured into the world of Postgres and other databases where he has stayed ever since. Get a free eBook PDF or ePub from Manning, as well as access to the online liveBook format and its AI assistant that will answer your questions in any language when you purchase the print book.

Enhancing Physical Activity in Women Across the Lifespan: Evidence-based Insights into Quantification, Intervention, Outcomes, and Limitations

Bojan Masanovic, Dušan Stupar, Szabolcs Halasi, Catalina Casaru, Gonul Babayigit Irez, 2025-11-05 You can submit your manuscript through either *Frontiers in Sports and Active Living* or *Frontiers in Public Health*. Please select the journal that best aligns with the focus of your research when you click submit. While sport and physical activity research have predominantly focused on male subjects, it is imperative to prioritize studies on women's participation to build comprehensive knowledge in this domain. Understanding the unique physiological mechanisms, training loads, recovery patterns, and performance contexts specific to women will provide valuable insights for practitioners. Additionally, investigating the evolutionary basis of sex differences in sports interest and motivation can inform policy and program design. This Research Topic offers an opportunity to publish high-quality research centered on physical activity and exercise for women across various age groups, including children, adults, and older adults. We are particularly

interested in innovative intervention research in school settings community based programs or sports environments aimed at promoting women s physical activity and fitness levels Additionally studies exploring the impact of exercise on injury prevention and treatment are highly welcome All submissions will be peer reviewed by experts in the field ensuring the highest quality of research dissemination Topics of interest include but are not limited to Implementation and impact of physical activity interventions Continuous monitoring systems for physical activity across different age groups of women Individualized physical activity programs to meet specific needs Health promoting interventions and their effects Assessment of physical fitness as an indicator of health Evolutionary perspectives on sex differences in sports interest and motivation We invite original research systematic reviews case studies clinical trials and reviews addressing these themes to contribute to this critical and growing field

Walk Your Way to a Lifetime of Fitness Pasquale De Marco,2025-08-10 Walk Your Way to a Lifetime of Fitness is the ultimate guide to walking for health fitness and fun This comprehensive book covers everything you need to know to get started with walking including choosing the right shoes and clothing finding safe and enjoyable routes and setting realistic goals Walk Your Way to a Lifetime of Fitness also provides detailed instructions on how to walk for specific goals such as weight loss heart health and stress relief You ll also find sample walking workouts and challenges to help you stay motivated and on track In addition to the physical benefits of walking this book also explores the mental and emotional benefits of this popular activity Walking can help to improve your mood reduce stress and increase your energy levels It can also be a great way to socialize with friends and family Whether you re a beginner or an experienced walker Walk Your Way to a Lifetime of Fitness has something for you This book is packed with practical advice and tips that will help you to get the most out of your walks So what are you waiting for Start walking today and enjoy the many benefits this activity has to offer Walk Your Way to a Lifetime of Fitness is the perfect book for anyone who wants to improve their health fitness and well being This comprehensive guide covers everything you need to know to get started with walking including choosing the right shoes and clothing finding safe and enjoyable routes and setting realistic goals In addition to the physical benefits of walking this book also explores the mental and emotional benefits of this popular activity Walking can help to improve your mood reduce stress and increase your energy levels It can also be a great way to socialize with friends and family Whether you re a beginner or an experienced walker Walk Your Way to a Lifetime of Fitness has something for you This book is packed with practical advice and tips that will help you to get the most out of your walks So what are you waiting for Start walking today and enjoy the many benefits this activity has to offer If you like this book write a review

Walk Yourself Well Nina Barough,2025-05-01 Make every step count From mastering your technique and setting your pace to walking in different climates and terrains this practical guide has everything you need to transform your health and fitness Get moving with step by step introductions to new ways to walk and do it right with science backed training programmes for all levels Boost your mental health Lengthen your life Improve mobility flexibility Reduce your risk of disease

Begin your low impact high reward regime today for a happier healthier and longer life *Oxford Textbook of Vertigo and Imbalance* ,2025-02-25 Vertigo dizziness and imbalance rank amongst the most common presenting symptoms in neurology otorhinolaryngology geriatric medicine and general practice These symptoms can originate from many different organs and systems e g the inner ear general medical conditions and neurological and psychological disorders The Oxford Textbook of Vertigo and Imbalance Second Edition provides an up to date summary of the scientific basis clinical diagnosis and management of disorders that lead to dizziness and poor balance The Second Edition has been thoroughly revised and all chapters have been fully reviewed and updated since the last edition 10 years ago This edition features 29 fully updated chapters and four new chapters on vestibular surgery traumatic brain injury dizziness in children and dizziness in the elderly The textbook is conceptually divided into three sections detailing the scientific basis general clinical issues and specific diseases diagnosed in clinical practice that are responsible for complaints of dizziness and imbalance Individual chapters address benign paroxysmal positional vertigo vestibular migraine vestibular neuritis stroke and M ni re s disease Additional chapters follow a syndrome based approach and cover multiple conditions including cerebellar disorders bilateral vestibular failure and psychological disorders Sustainable Goat Production in the Changing Climate Veerasamy Sejian,M.V. Silpa,D. Thirunavukkarasu,2025-06-01 Sustainable Goat Production in the Changing Climate aims to make the global scientific and academic communities aware of the potential of goats as a livestock of the future When compared to more popular meat sources like cattle and swine goats have a lower carbon footprint and can aid in mitigating the effects of climate change as well as improving food production poverty and equity issues This book will discuss the implications of climate change on goat production systems and emphasize the physiological potential of goats to adapt to erratically changing climatic conditions Furthermore the book includes chapters on strategies to mitigate the effects of climate change on goat production and highlights novel technologies used to assess the impact of heat stress in goats Technology transfer strategies and policy related issues will also be covered Written and edited by an international team of experts on goats livestock animal agriculture and climate smart food systems Sustainable Goat Production in the Changing Climate will appeal to a broad audience from researchers to livestock specialists veterinarians and policymakers in food and sustainability Explores the potential of goats as future livestock species for animal origin foods Summarizes the impact of climate change on goats and goat production systems Proposes technological interventions ranging from management to bio technological solutions Identifies gaps in technology transfer activities and policymaking and provides solutions *Diabetes and Exercise* Judith G. Regensteiner,Jane E. B. Reusch,Kerry J. Stewart,Aristidis Veves,2009-04-05 Diabetes is a major public health problem in the United States This collection Diabetes and Exercise discusses the extent of the problem of diabetes and sedentary lifestyle and presents a compelling rationale for the importance of increased physical activity and exercise in persons with diabetes The concept of exercise as medicine has a strong but underappreciated scientific basis for the prevention and treatment of

diabetes Diabetes and Exercise compiled by a team of experts in the field focuses on both the physiological and practical aspects of the beneficial effects of exercise This thorough collaboration provides the why s and how s to implementing the physical activity and exercise changes so important in diabetes prevention and disease management

Multifactorial balance assessment, falls prevention and rehabilitation Nattawan Utoomprurkporn, Marousa Pavlou, Dimitrios Kikidis, Christos Nikitas, 2025-10-13 Balance control is a complex process that is vulnerable to the effects of aging and cognitive decline as well as various neurological factors such as Parkinson s disease Lewy body dementia LBD and Frontotemporal dementia FTD These conditions affect different parts of the brain leading to diverse symptoms and increasing the risk of falls which coexist with multiple comorbidities including stroke mild cognitive impairment vestibular disorders and long COVID 19 Recent studies have shown that both static and dynamic balance is impaired in individuals with mild cognitive impairment MCI and these impairments worsen under cognitive challenges such as multitasking Impaired balance and dizziness are consistently identified as risk factors for falls negatively impacting quality of life with significant physical psychosocial and healthcare related consequences Multimodal multifaceted falls prevention programs targeting the specific needs of high risk individuals are essential However there is a lack of access to falls specialist services around the globe insufficient integrated clinician education and a shortage of well trained clinicians to provide individualized falls assessment and care This is particularly crucial given the neurological complexities of conditions like Parkinson s LBD and FTD Additionally patient adherence to existing exercise programs is poor with 70% dropping out early Balance physiotherapy is a key intervention for falls prevention and it is imperative to develop comprehensive individualized multifactorial balance rehabilitation programs Technology based solutions can help address these issues by increasing accessibility and adherence providing wider and easier home based access to high quality falls services and interventions

Managing Side Effects of Breast Cancer Treatment Yeşim Bakar, Alper Tuğral, 2025-01-13 This book comprehensively addresses various aspects of breast cancer survivorship issues emphasizing the importance of interdisciplinary teamwork in their management What sets this work apart is its collaborative approach incorporating insights from diverse healthcare professionals With increasing survival rates and prolonged disease free periods there is a strong need in managing breast cancer treatment in the short and long term This book underscores the necessity of addressing often overlooked or underestimated issues during the survivorship phase contributing to enhance the knowledge from both the patient and healthcare provider perspectives The book s content is thoughtfully organized to ensure accessibility targeting not only specialized readers but also undergraduate health professional students including physical therapists and nurses who intend to delve deeper into the field of breast cancer care This book will be an invaluable guide not only for healthcare professionals such as oncologists hematologists surgeons physical therapists nurses nutritionists and psychologists but also for undergraduate students pursuing bachelor s degrees in these fields Additionally it offers valuable insights and support to breast cancer survivors on their journey to

recovery **Walk Your Way Fit** Sarah Zahab, 2025-07-21 Walk Your Way Fit offers proven walking programs for all fitness levels and goals It covers topics such as walking form strength exercises dynamic warm ups active and static stretches modifications and amplification tips and strategies helping readers find enjoyment and success in reaching their health and fitness goals **The Lemon Juice Diet** Theresa Cheung, 2025-06-25 What is an easy way to detoxify your system and lose weight Not fasting not liquid or fad diets The Lemon Juice Diet is a safe and delicious eating plan that goes far beyond the Master Cleanse program used by celebrities for quick short term fixes Instead of just suggesting dieters drink a concoction of lemon juice cayenne and maple syrup The Lemon Juice Diet starts there and then integrates lemon juice into a healthier easy to maintain long term plan Lemon is a natural powerhouse its great flavor makes it an easy addition to your diet and its low glycemic index provides a steady stream of energy without the sugar high and subsequent crash we get from high GI foods The Lemon Juice Diet capitalizes on lemon juice s natural power to lower blood sugar create a feeling of fullness provide vitamin C and stimulate the liver for maximum fat burning Lemon juice can even boost immunity and brain function fight cholesterol and fire up your metabolism With clear meal plans delicious recipes and easy exercise tips The Lemon Juice Diet is a quick and easy way to long lasting good health *Evidence-Based Medical Exercise Therapy* Sandro Wolfram, Robin Bauer, 2025-03-06 This scientifically grounded and comprehensive practical book details all aspects of medical exercise therapy It combines theoretical foundations proven training methods and their implementation in evidence based practice supplemented by concise summaries From head to toe all body areas are covered including various body systems and their clinical pictures With this book you will learn to create tailored training plans and competently advise your patients in physiotherapy or sports therapy on topics such as nutrition supplements sleep and mental training Contents include anatomical and physiological foundations areas of medical exercise therapy such as strength endurance maximal strength speed strength explosive strength reactive strength endurance proprioception and flexibility age related and disease associated changes and their influences on training planning assessment training and influencing factors such as mental status and muscle memory effect and much more Clinical pictures of the nervous system such as Parkinson s disease and multiple sclerosis training after COVID 19 for migraines dementia and coronary heart disease *Cumulated Index Medicus*, 1997 **Fitness Professional's Handbook** Barbara A. Bushman, 2024-04-08 This text provides current and future fitness professionals foundational information in the areas of fitness testing and prescription to be able to screen participants carry out standardized fitness tests to evaluate the major components of fitness and write appropriate exercise prescriptions It uses the most recent recommendations and guidelines from governmental sources and professional organizations to prepare fitness professionals for certification as well as to work with diverse clients populations and professionals in allied health fields This edition has been reorganized to enhance the presentation of content and updated to include the latest information as well as new features such as application points research insights and additional case studies to serve as a useful textbook

for students as well as a valuable reference for practitioners *The built environment and public health: New insights*
 Linchuan Yang,Ruoyu Wang,Bao-Jie He,Yu Ye,Yibin Ao,2023-02-06 Climate Crisis and Resilient Transportation Systems
 Eftihia G. Nathanail,Nikolaos Gavanias,Evangelos Adamos,2025-03-10 This book reports on original research and practical findings fostering collaborative inclusive just safe and climate neutral transportation planning Being the second volume of the proceedings of the 7th Conference on Sustainable Mobility CSuM 2024 held on September 4 6 2024 at Plastira s Lake Greece it describes state of the art models techniques and applications that enable the transition of transportation systems to support sustainable societies All in all this book offers extensive information to academicians researchers practitioners and decision makers working on effective strategies to transform mobility in a sustainable and equitable way **Pulmonary Hypertension** Athénaïs Boucly,Gabor Kovacs,Robin Condliffe,2025-09-01 This issue of the ERS Monograph captures the diversity of pulmonary hypertension in a rapidly changing field Guest Editors Ath na s Boucly Gabor Kovacs and Robin Condliffe have invited world leading experts to write chapters covering epidemiology and assessment approaches to diagnosis and management the application of artificial intelligence and remote monitoring comorbidities and multifactorial disease This issue will educate challenge and stimulate it is a useful resource for all healthcare professionals and researchers with an interest in pulmonary hypertension **Your Feet Don't Have to Hurt** Suzanne M. Levine,2014-07-15 Did you know that the feet are the only part of a woman s body that naturally LOSES fat as she gets older resulting in the potential for greater foot pain as a woman ages Learn tips to fight this loss and countless other secrets of woman s foot care as a top female podiatric surgeon shows you why Your Feet Don t Have to Hurt In this unique volume Dr Suzanne M Levine will offer the first comprehensive guide to the prevention and treatment of foot pain that acknowledges the greater prevalence and severity of women s foot problems This book will take a decade by decade approach to foot care for women explaining what we can do in our twenties thirties and forties to avoid foot pain and surgery in our fifties sixties and beyond Featuring An A to Z symptom finder for foot problems common to both men and women corns calluses heel soreness athlete s foot nail fungus How to prevent and treat serious joint problems and ligament tears In depth coverage of foot problems specific to women The danger of botched pedicures How the stresses of pregnancy can affect your feet How to repair the painful damage done by high heeled shoes Dr Levine will show women authoritatively and clearly how to end and prevent foot pain *Locomotion and Posture in Older Adults* Fabio Augusto Barbieri,Rodrigo Vitória,Paulo Cezar Rocha dos Santos,2025-02-19 This book sheds new light on the effects of aging and movement disorders on movement control during walking and postural tasks Understanding these dynamics is more important than ever as we face a future where the number of older adults is projected to double by 2050 The severity of this framework is exacerbated when aging is accompanied by movement disorders such as Parkinson s disease Chorea Multiple Sclerosis Dystonia and Huntington s disease The book explores how complex interactions between musculoskeletal and neural systems are required for efficient execution of daily activities like walking

and maintaining posture The chapters in this comprehensive volume address the multifaceted challenges posed by aging and movement disorders in gait and postural control including innovative rehabilitation strategies and the role of artificial intelligence Expert contributors examine how environmental sensorial motor cognitive and individual factors influence locomotor and postural activities Readers will discover cutting edge research findings that address critical questions about planning performance and impairment in these essential functions This book is a must read for anyone seeking to understand and reduce the effects of aging and movement disorders on gait and posture This book is an invaluable resource for clinicians physical therapists occupational therapists psychologists biologists researchers health professionals as well as those involved in physical education and sports medicine It highlights the mechanisms involved in controlling and planning postural and gait tasks in both neurologically healthy older individuals and those who suffer from movement disorders offering new perspectives on interventions and technologies designed to improve understanding or delay impairments due to aging or movement disorders on gait and posture Whether you re a practitioner or researcher in related fields this book equips you with the essential knowledge to enhance the quality of life for older adults facing these challenges *Exploring Evidence for Neurorehabilitation Advancements* Hideki Nakano,Masahiro Sakita,Kosuke Oku,Tomotaka Ito,Akiyoshi Matsugi,2025-08-12

Neuroscience based rehabilitation is called neurorehabilitation Specifically neurorehabilitation is defined as concepts evaluation methods treatments and equipment that apply brain theories and other findings revealed by neuroscience and related research to rehabilitation Physical dysfunction including central nervous system disease alters the body s representation in the brain resulting in stagnation of motor function recovery Therefore neuroscience based rehabilitation is essential to reconstruct the altered body representation in the brain However the evidence for neurorehabilitation is still insufficient and it is critical to build upon this evidence to provide optimal rehabilitation and maximize motor function recovery Many fundamental studies on neuroplasticity motor control and motor learning theory brain function measurement non invasive brain stimulation and advanced technologies such as brain machine interface AI and regenerative medicine have been reported in recent years The integration of neuroscience and cutting edge research related to neuroscience has excellent potential to contribute to the development of neurorehabilitation

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