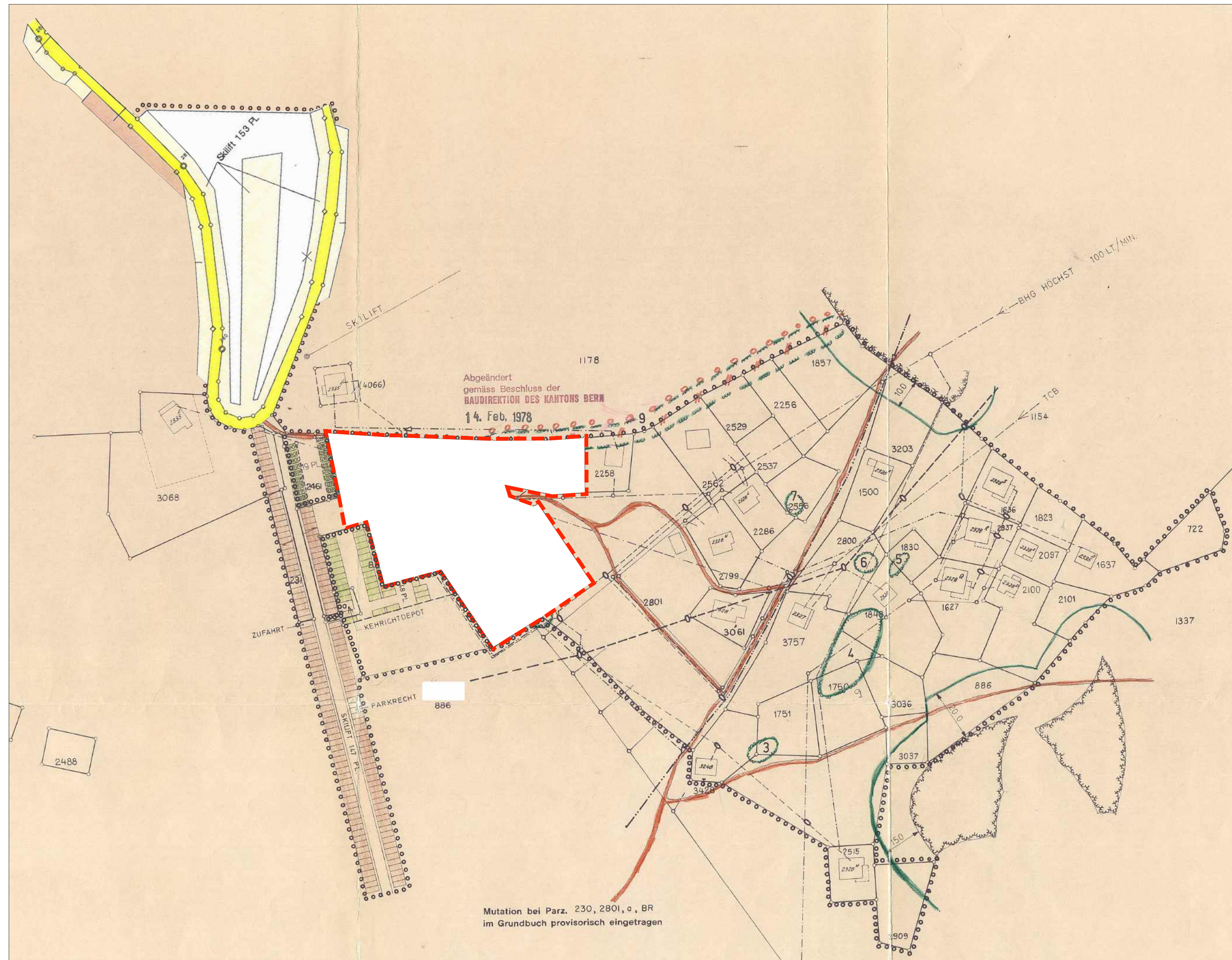

Dezember 2025

Genehmigungsvermerke

Der Gemeindeschreiber

Peter Grosse

Neuer Zustand



Inhalte:

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, obese women. The study was a randomized, controlled trial. The subjects 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 12 weeks of no supervised walking. The subjects were assessed at baseline and at 12 weeks. The physical health outcomes measured were weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health outcomes measured were self-esteem, body image, and quality of life. The results showed that the walking program had a significant positive effect on all of the physical and psychological health outcomes. 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, body image, and quality of life. 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, obese women.

Perimeter Änderung (Aufhebung)

Hinweise:

..... WIRKUNGSBEREICH FERIENHAUSZONENPLAN F 1

PRIVATSTRASSE

~~ÖFFENTL. FUSSWEG~~

KANALISATION

—○— PRIMÄRLEITUNGEN B H G HÖCHST

—○— SEKUNDÄRLEITUNGEN

WASSERVERSORGUNG PRIVAT

ELEKTRIZITÄT

BASISERSCHLIESSUNG B KW

----- SEKUNDÄRER SCHLIESSUNG


TELEFON

--- -- -- BASISERSCHLISSUNG PT

SEKUNDÄRERSCHLIESSUNG

— WALDBAULINIE

PARKPLÄTZE

	RESTAURANT	22 PL.	
	FERIENHÄUSER	67 PL.	TOTAL 89 PL.

Bestehende Parkplätze Skilift: 356 PL

Erweiterung Perkeleto Skilift: 15 Pl

Total Cliffs Booked: 274 Bl

BHG	BAUHERRENGEMEINSCHAFT	HÖCHST
TCB	TOURISTENCLUB	BERN

SCHUTZGEBIETE

(GESCHÜTZTE EINZELBÄUME + GRUPPEN)

- 1 ALLEINSTEHENDE FICHTE , 3 STÄMMIG
- 2 FICHTENGRUPPE , 6 STÜCK
- 3 BAUMGRUPPE , 1 BIRKE + 5 FICHTEN
- 4 FICHTENGRUPPE MIT WACHHOLDEGEBÜSCH
- 5 WACHHOLDERBÜSCHE + JUNGE FICHTEN
- 6 FICHTENGRUPPE , 3 STÜCK
- 7 ALLEINSTEHENDE FICHTE
- 8 ALLEINSTEHENDE FICHTE
- 9 MARCHÄBÄUME IDEALER WINDSCHUTZSTREIFEN
- 10 EINZELSTEHENDE FICHTEN