

## PRADA

Like our various selves, literature should function as a pattern with a label on it, like the lines in a parking lot at the local A&P or the indistinguishable, partially imagined street names found in private, gated communities throughout North America: Elm Place, Elm Tree Lane, Ellingham, Elsingham, Ellen Tree Road, Elmwood Ave., Elm Circle Rd., etc. The most beautiful books are the most invisible ones, just as a pink chemise with embroidered flowers by Marc Jacobs would be almost meaningless without a label and just as a Prada shoe should carry a red stripe down its sole or a bag by Louis Vuitton should have its initials prominently scrambled all over its surface *in order to* be read. And by read I mean not read in any meaningful way. After all, who has really read a bag by Louis Vuitton or a sweater with a deliberately unraveled collar by Martin Margiela although I have read these things for many hours of the afternoon?



[illegible]

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**DISCLOSURE:** **DISCLOSURE:** The authors have no other relationships or activities that could appear to have influenced the results or conclusions.

**STUDENT TUBES** are administered under the direct supervision of a registered nurse by the registered nurse or nursing assistant.

**Abstract**—The authors examined the effects of a 12-week, low-intensity, low-impact aerobically and resistance training program on the cardiovascular and muscular fitness of 10 sedentary, middle-aged women. The program was designed to be safe and enjoyable for women with no previous experience with exercise. The program consisted of three sessions per week, each lasting 30 minutes. The first session was a warm-up, followed by a 10-minute aerobic workout, a 10-minute resistance training session, and a 10-minute cool-down. The second session was a warm-up, followed by a 10-minute aerobic workout, a 10-minute resistance training session, and a 10-minute cool-down. The third session was a warm-up, followed by a 10-minute aerobic workout, a 10-minute resistance training session, and a 10-minute cool-down. The results of the study showed that the program was safe and enjoyable for the women, and it resulted in significant improvements in cardiovascular and muscular fitness. The authors concluded that a 12-week, low-intensity, low-impact aerobically and resistance training program is a safe and effective way to improve cardiovascular and muscular fitness in sedentary, middle-aged women.

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• The 1997 study identified the following as the most important factors influencing the use of information technology in the workplace: