



RESEARCH, PRACTICE AND POLICY

The first section of the book contains a series of papers that focus on the research and practice of the field. The second section contains a series of papers that focus on the policy implications of the research and practice of the field. The third section contains a series of papers that focus on the future of the field.

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and to the University of Cambridge.
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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 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 was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The walking program significantly improved the women's physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the women's quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. 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 women.

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2019年12月10日



ALISON

MATERIAL SPECIFICATION

Project Name:	South Kitchener School
Architect/Interior Designer:	Walterfedy Group
Date on Drawings:	22.04.2024
Estimator:	B&H
Floor Plan Scale:	1:100

Finish Specification:

Carpet (Tile/Broadloom)

CP1 Carpet

Link: <https://commercial.tarkett.com/products/carpet/powerbond-resilient-carpet-hybrid/threadcraft>

Detail: Tarkett, Threadcraft, Dove Stone 60808, (6'x105' – 18.13"x44.44")

Size: 6'x105'

CP2 Carpet

Link: <https://commercial.tarkett.com/products/carpet/powerbond-resilient-carpet-hybrid/corded-cloth#ci=specifications>

Detail: Tarkett, Corded Cloth, Light Carbon 60803, (6'x105' – P.R: 18.13"x50.50")

Size: 6'x105'

CP3 Carpet

Link: <https://commercial.tarkett.com/products/carpet/powerbond-resilient-carpet-hybrid/iso#ci=specifications>

Detail: Tarkett, Iso, Silver Scope 48202, (6'x105' – P.R: 72"x95.2")

Size: 6'x105'

CP5 Carpet

Link: <https://commercial.tarkett.com/products/carpet/powerbond-resilient-carpet-hybrid/threadcraft>

Detail: Tarkett, Threadcraft, Blanched 60805, (6'x105' – 18.13"x44.44")

Size: 6'x105'

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CP6 Carpet

Link: https://professionals.tarkett.com.au/en_AU/collection-C000677-powerbond-plexus-colour-iv/plexus-colour-iv-02875-orange-julius-18553

Detail: Tarkett, Plexus Colour IV, Orange Julius 18553, (6'x105')

Size: 6'x105'

CP7 Carpet

Link: <https://commercial.tarkett.com/products/carpet/powerbond-resilient-carpet-hybrid/plexus-colour-iv#ci=specifications>

Detail: Tarkett, Plexus Colour IV, Coastal Sage 18534, (6'x105')

Size: 6'x105'

Resilient (Sheet Vinyl/Tile/Planks/Hardwood)

SP1 Sports Flooring

Link: <https://www.tarkettsportsindoor.com/wp-content/uploads/2019/12/Brochure-Omnisports-TS-Indoor-MAR2019-final-reader.pdf>

Detail: Tarkett, Omnisport 7.1 Greenlay, Beech, 7.1mm Thick

Size: 6.5'x85.3' (size taken from manufacturer's website)

SP2 Sports Flooring

Link: https://www.tarkettsportsindoor.com/wp-content/uploads/2021/03/Brochure-Omnisports-TSI-MAR2021-final_reader-1.pdf

Detail: Tarkett, Omnisport Multi-Use, Beech, 3.5mm Thick

Size: 6.5'x85.3' (thickness not verified for collection, size taken from manufacturer's website)

SP3 Sports Flooring

Link: https://www.tarkettsportsindoor.com/wp-content/uploads/2021/03/Brochure-Omnisports-TSI-MAR2021-final_reader-1.pdf

Detail: Tarkett, Omnisport Speed, Light Maple, 3.5mm Thick

Size: 6.5'x75.5' (size taken from manufacturer's website)

SP4 Sports Flooring

Link: <https://www.tarkettsportsindoor.com/wp-content/uploads/2019/12/Brochure-Omnisports-TS-Indoor-MAR2019-final-reader.pdf>

Detail: Tarkett, Omnisport 7.1 Greenlay, Grey, 7.1mm Thick

Size: 6.5'x85.3' (size taken from manufacturer's website)

SV1 Sheet Vinyl

Link: <https://www.polyflor.com/products/8635>

Detail: Polyfor, Palettone Pur, Linen Air 8635, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 9703

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SV2 Sheet Vinyl

Link: <https://www.polyflor.com/products/8643>

Detail: Polyfor, Palettone Pur, Garden Sage 8643, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 8643

SV3 Sheet Vinyl

Link: <https://floormart.co.uk/polyflor-palettone-pur-wild-portabella-8647/>

Detail: Polyfor, Palettone Pur, Wild PortaBella 8647, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 9713

SV4 Sheet Vinyl

Link: <https://www.polyflor.com/products/8641>

Detail: Polyfor, Palettone Pur, Earthenware 8641, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 9716

SV5 Sheet Vinyl

Link: <https://www.polyflor.com/products/8642>

Detail: Polyfor, Palettone Pur, Fire Ochre 8642, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 9724

SV6 Sheet Vinyl

Link: <https://www.polyflor.com/products/8644>

Detail: Polyfor, Palettone Pur, Dried Tarragon 8644, (6.5'x65.61')

Size: 6.5'x65.61'

Weldrod: 8644

SV7 Sheet Vinyl (NOT USED)

Link: <https://www.forbo.com/flooring/en-gl/products/heterogeneous-vinyl/sarlon-15db-acoustic-vinyl/sarlon-15-db-colour/bigth8#869t4315>

Detail: Forbo, Sarlon 15 DBI, Charcoal Uni 869T4315, 2.6mm Thick

Size: 6.5'x82' (size taken from manufacturer website)

LVT1 Luxury Vinyl Tile

Link: <https://www.tarketthospitality.com/Products/Wood>

Detail: Tarkett, ID Latitude Wood, 7536 Butternut, (6"x48")

Size: 6"x48"

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TW1 Tactile Warning Tile

Link: <https://commercial.tarkett.com/products/accessories/johnsonite-stairwell-management/johnsonite-tactile-warning-surface-rubber>

Detail: Tarkett, Tactile Warning Surface Rubber, Black 40, (400mmx445mm)

Size: 400mmx445mm

Tile

PTF-1 Porcelain Floor Tile

Link:

https://www.olympiatile.com/sites/default/files/pdfs/series/Maxstone%20Product%20Guide_Nov%202022.pdf

Detail: Olympia Tile, Maxstone, Ivory, (24"x48")

Size: 24"x48"

GR-1 Grout: Mapei, Silver 27

PTF-2 Porcelain Floor Tile

Link: <https://www.olympiatile.com/sites/default/files/pdfs/series/Florence%20Product%20Guide.pdf>

Detail: Olympia Tile, Florence Series, Taupe Matte, (24"x24")

Size: 24"x24"

GR-1 Grout: Mapei, Silver 27

PTF-3 Porcelain Floor Tile

Link:

https://www.olympiatile.com/sites/default/files/pdfs/series/Omnia%20&%20Spectra%20Product%20Guide_Feb%202021.pdf

Detail: Olympia Tile, Spectra Series, Charcoal, (12"x12")

Size: 12"x12"

GR-2 Grout: Mapei, Pewter 02

PTF-4 Porcelain Floor Tile

Link:

<https://static1.squarespace.com/static/5ad0cf1b89c17291601680bf/t/62b211f163a2ff3a2329fe16/1655837174094/Venezia+Product+Guide.pdf>

Detail: Olympia Tile, Venezia Series, Bianco, (24"x48")

Size: 24"x48"

GR-1 Grout: Mapei, Silver 27

PTF-5 Porcelain Tactile Warning Tile

Link: <https://www.olympiatile.com/sites/default/files/pdfs/series/Tactile%20Product%20Guide.pdf>

Detail: Olympia Tile, Tactile, Vogue Black, (12"x12")

Size: 12"x12"

GR-3 Grout: Mapei, Black Mapei Color Match

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PTF-6 Porcelain Floor Tile

Link:

https://www.olympiatile.com/sites/default/files/pdfs/series/Regal%20Product%20Guide_2022.pdf

Detail: Olympia Tile, Regal, Grey, (12"x12")

Size: 12"x12"

GR-1 Grout: Mapei, Silver 27

PTF-7 Porcelain Floor Tile Stair Tread

Link: [https://www.unicomstarker.com/catalog-](https://www.unicomstarker.com/catalog-portlet/catalogimages/wooden/catalogo/wooden_catalogo.pdf)

[portlet/catalogimages/wooden/catalogo/wooden_catalogo.pdf](https://www.unicomstarker.com/catalog-portlet/catalogimages/wooden/catalogo/wooden_catalogo.pdf)

Detail: Unicom Starker, Wooden, Maple – Natural Finish, (12"x48")

Size: 12"x48"

CTW-1 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Sand Beige Bright, (4"x16")

Size: 4"x16"

GR-3 Grout: Mapei, Ivory 39

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

CTW-2 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Bone Bright, (4"x16")

Size: 4"x16"

GR-3 Grout: Mapei, Ivory 39

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

CTW-3 Ceramic Wall Tile

Link:

https://www.olympiatile.com/sites/default/files/pdfs/series/Omnia%20&%20Spectra%20Product%20Guide_Feb%202021.pdf

Detail: Olympia Tile, Shadestone Series, Light (OffWhite), (4"x20" – Vertical Chevron Install)

Size: 4"x20"

GR-3 Grout: Mapei, Ivory 39

CTW-4 Ceramic Wall Tile

Link: <https://www.olympiatile.com/product/series/721>

Detail: Olympia Tile, Piccadilly Series, Bianco - Gloss, (4"x12" –Herringbone Install)

Size: 4"x12"

GR-3 Grout: Mapei, Ivory 39

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CTW-5 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Silver Grey, (4"x16" – Vertical Herringbone Install)

Size: 4"x16"

GR-1 Grout: Mapei, Silver 27

CTW-6 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Beige Bright, (4"x16")

Size: 4"x16"

GR-3 Grout: Mapei, Ivory 39

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

CTW-7 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Grey Bright, (4"x16")

Size: 4"x16"

GR-2 Grout: Mapei, Pewter 02

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

CTW-8 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Warm White Bright, (4"x16")

Size: 4"x16"

GR-3 Grout: Mapei, Ivory 39

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

CTW-9 Ceramic Wall Tile

Link: https://www.olympiatile.com/product/series/120/colour_dimension_series

Detail: Olympia Tile, Colour & Dimensions, Tender Grey Bright, (4"x16")

Size: 4"x16"

GR-2 Grout: Mapei, Pewter 02

Note: Stack Pattern in washrooms & classroom, Herringbone pattern in pods

Base

PTB-1 6"H Porcelain Tile Base: Olympia Tile, Maxstone, Ivory

PTB-2 6"H Porcelain Tile Base: Olympia Tile, Florence Series, Taupe Matte

PTB-4 6"H Porcelain Tile Base: Olympia Tile, Venezia Series, Bianco

PTB-6 6"H Porcelain Tile Base: Olympia Tile, Regal, Grey (Matching base for PTF-6 provided, however finish schedule shows PTB-4 description)

RB-1 6"H Rubber Base: Tarkett, Tightlock Wall Base, Fawn 80

RB-2 6"H Rubber Base: Tarkett, Tightlock Wall Base, Black 40

RB-3 6"H Rubber Base: Tarkett, Tightlock Wall Base, Cement 121

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B&H CONSULTANTS LTD.

Transitions/Trims

TR1 Finishing Edge/Transition @Wall: Schluter Jolly, Anodized Aluminum Brushed Nickel

TR2 Tile to Carpet Transition: Schluter Reno-TK, Anodized Aluminum Brushed Nickel

TR3 Cove Shaped Transition (Floor to Wall): Schluter Dilex AHK, Anodized Aluminum Brushed Nickel

TR4 Stair Nosing @Tile: Schluter Trep-SE-B, Aluminum

TR5 Stair Nosing @Welcome Stair/Music Room Steps: Tarkett, Round Rubber Stair Nosing VDL-XX-RD, Wetlands 150

Takeoff Notes:

- Floor and Base estimated at millwork throughout as no detail to remove base/flooring from millwork, please verify.
- SV-7 Sheet vinyl is not scheduled at any room in finish plan, therefore it is not used, please verify.
- CTW-2 estimated at all walls with TR-3 cove base in Room no. 159A and 159B, however finish plan calls for PTB-2 base, please verify
- PFT-1 estimated in room 163, however finish plan calls for PFT-6, please verify
- CP4 estimated in Quiet rm as per finish plan, however no detail for CP4 is provided in finish schedule, please verify.
- RB-3 estimated in Quiet rm as per finish plan, however elevation shows RB-1, please verify. Also CTW @Quiet rm estimated as per elevation, however finish plan doesn't indicate any color, please verify
- CTW-3 wall tile estimated at staff WR 151, however finish plan shows PTW-3, please verify
- CTW-2 estimated at all walls with TR-3 cove base in Room no. 159A and 159B, however finish plan calls for PTB-2 base, please verify
- PFT-1 estimated in room 163, however finish plan calls for PFT-6, please verify
- CP4 estimated in Quiet rm as per finish plan, however no detail for CP4 is provided in finish schedule, please verify.
- RB-3 estimated in Quiet rm as per finish plan, however elevation shows RB-1, please verify. Also CTW @Quiet rm estimated as per elevation, however finish plan doesn't indicate any color, please verify
- CTW-3 wall tile estimated at staff WR 151, however finish plan shows PTW-3, please verify
- PTF-1 tile estimated at stage entry stair tread and riser w/nosing, however no detail is provided please verify if required

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South Kitchener School - Quantities

Item		Roll/tile specific	Estimate	
	Style: Color	Net Area	Gross qty	Unit
CP1 Carpet: Tarkett, Threadcraft, Dove Stone 60808, (6'x105' – 18.13"x44.44"):				SY
CP2 Carpet: Tarkett, Corded Cloth, Light Carbon 60803, (6'x105' – P.R: 18.13"x50.50"):				SY
CP3 Carpet: Tarkett, Iso, Silver Scope 48202, (6'x105' – P.R: 72"x95.2"):				SY
CP4 Carpet:				SY
CP5 Carpet: Tarkett, Threadcraft, Blanched 60805, (6'x105' – 18.13"x44.44"):				SY
CP6 Carpet: Tarkett, Plexus Colour IV, Orange Julius 18553, (6'x105'):				SY
CP7 Carpet: Tarkett, Plexus Colour IV, Coastal Sage 18534, (6'x105'):				SY
LVT1 Luxury Vinyl Tile: Tarkett, ID Latitude Wood, 7536 Butternut, (6'x48"):				SF
SP1 Seamweld:				LF
SP1 Sports Flooring: Tarkett, Omnisport 7.1 Greenlay, Beech, 7.1mm Thick:				SY
SP2 Seamweld:				LF
SP2 Sports Flooring: Tarkett, Omnisport Multi-Use, Beech, 3.5mm Thick:				SY
SP3 Seamweld:				LF
SP3 Sports Flooring: Tarkett, Omnisport Speed, Light Maple, 3.5mm Thick:				SY
SP4 Seamweld:				LF
SP4 Sports Flooring: Tarkett, Omnisport 7.1 Greenlay, Grey, 7.1mm Thick:				SY
SV1 Sheet Vinyl: Polyfor, Palettone Pur, Linen Air 8635, (6.5'x65.61'):				SY
SV1 Weldrod: 9703:				LF
SV2 Sheet Vinyl: Polyfor, Palettone Pur, Garden Sage 8643, (6.5'x65.61'):				SY
SV2 Weldrod: 8643:				LF
SV3 Sheet Vinyl: Polyfor, Palettone Pur, Wild PortaBella 8647, (6.5'x65.61'):				SY
SV3 Weldrod: 9713:				LF
SV4 Sheet Vinyl: Polyfor, Palettone Pur, Earthenware 8641, (6.5'x65.61'):				SY
SV4 Weldrod: 9716:				LF
SV5 Sheet Vinyl: Polyfor, Palettone Pur, Fire Ochre 8642, (6.5'x65.61'):				SY
SV5 Weldrod: 9724:				LF
SV6 Sheet Vinyl: Polyfor, Palettone Pur, Dried Tarragon 8644, (6.5'x65.61'):				SY
SV6 Weldrod: 8644:				LF
CTW-1 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Sand Beige Bright, (4'x16"):				SF
CTW-2 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Bone Bright, (4'x16"):				SF
CTW-3 Ceramic Wall Tile: Olympia Tile, Shadestone Series, Light (OffWhite), (4'x20" – Vertical Chevron Install):				SF
CTW-4 Ceramic Wall Tile: Olympia Tile, Piccadilly Series, Bianco - Gloss, (4'x12" –Herringbone Install):				SF
CTW-5 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Silver Grey, (4'x16" – Vertical Herringbone Install):				SF
CTW-6 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Beige Bright, (4'x16"):				SF
CTW-7 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Grey Bright, (4'x16"):				SF
CTW-8 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Warm White Bright, (4'x16"):				SF
CTW-9 Ceramic Wall Tile @Stair Wall: Olympia Tile, Colour & Dimensions, Tender Grey Bright, (4'x16"):				SF
CTW-9 Ceramic Wall Tile: Olympia Tile, Colour & Dimensions, Tender Grey Bright, (4'x16"):				SF
CTW Ceramic Wall Tile @Music Room:				SF
CTW Ceramic Wall Tile @Quiet Rm:				SF
Floor Tile @Stair C Landing:				SF
PTF-1 Porcelain Floor Tile: Olympia Tile, Maxstone, Ivory, (24"x48"):				SF
PTF-2 Porcelain Floor Tile: Olympia Tile, Florence Series, Taupe Matte, (24"x24"):				SF
PTF-3 Porcelain Floor Tile: Olympia Tile, Spectra Series, Charcoal, (12"x12"):				SF
PTF-4 Porcelain Floor Tile: Olympia Tile, Venezia Series, Bianco, (24"x48"):				SF
PTF-5 Porcelain Tactile Warning Tile: Olympia Tile, Tactile, Vogue Black, (12"x12"):				SF
PTF-6 Porcelain Floor Tile: Olympia Tile, Regal, Grey, (12"x12"):				SF
PTF-7 Porcelain Floor Tile Stair Tread: Unicom Starker, Wooden, Maple – Natural Finish, (12"x48"):				SF
PTB-1 6"H Porcelain Tile Base: Olympia Tile, Maxstone, Ivory:				LF
PTB-2 6"H Porcelain Tile Base: Olympia Tile, Florence Series, Taupe Matte:				LF
PTB-4 6"H Porcelain Tile Base: Olympia Tile, Venezia Series, Bianco:				LF
PTB-6 6"H Porcelain Tile Base: Olympia Tile, Regal, Grey :				LF
RB-1 6"H Rubber Base: Tarkett, Tightlock Wall Base, Fawn 80:				LF
RB-2 6"H Rubber Base: Tarkett, Tightlock Wall Base, Black 40:				LF
RB-3 6"H Rubber Base: Tarkett, Tightlock Wall Base, Cement 121:				LF
Resilient Sheet to Resilient Sheet/Tile: Heat Weld:				LF
Resilient to Concrete Transition:				LF
Resilient to Tile Transition:				LF
Tile to Concrete Transition:				LF
Carpet to Concrete Transition:				LF
TR1 Finishing Edge/Transition @Wall: Schluter Jolly, Anodized Aluminum Brushed Nickle:				LF
TR1 Schluter Jolly Connectors:				EA
TR1 Schluter Jolly Inside/Outside Corners/Endcap:				EA
TR2 Tile to Carpet Transition: Schluter Reno-TK, Anodized Aluminum Brushed Nickle:				LF
TR3 Cove Shaped Transition (Floor to Wall): Schluter Dilex AHK, Anodized Aluminum Brushed Nickle:				LF
TR3 Schluter Dilex AHK Connectors:				EA
TR3 Schluter Dilex AHK Endcaps:				EA
TR3 Schluter Dilex AHK Inside Corners:				EA
TR3 Schluter Dilex AHK Outside Corners:				EA
TR4 Stair Nosing @Tile: Schluter Trep-SE-B, Aluminum:				LF
TR5 Stair Nosing @Welcome Stair/Music Room Steps: Tarkett, Round Rubber Stair Nosing VDL-XX-RD, Wetlands 150:				LF
TW1 Tactile Warning Tile: Tarkett, Tactile Warning Surface Rubber, Black 40, (400mmx445mm):				SF
Tactile Strip:				SF
Crack Isolation Membrane:				SF

Waterproofing Membrane @Floor:		SF
Waterproofing Membrane @Wall:		SF