

INSIGHTS + NEWS

4th Annual Economic Development Summit: The Pitch for Growth



15 JUL 2005

[Boschitz & Conway's 49th Annual Economic Development Summit](#)

THE PITCH FOR GROWTH

November 13, 2018 from 5:00–5:00pm

CONCLUSION

The Art Institute, 111 S. Front Street
Chicago, IL 60605

College Program for MCMC by November 3

Please join Bowditch & Dewey
and our guests to discuss
economic development in
the City of Worcester.

FoodNet Chairman Larry Lustberg will discuss the Red Sea Trike-A affiliate's move to Worcester.

Following the keynote, our panelists will look to the future and discuss what is needed to build upon our momentum and stay ahead of the curve. What's on deck?

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume aquatic exercise program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an aquatic exercise group or a control group. The aquatic exercise group performed a 12-week, low-intensity, low-impact, and low-volume aquatic exercise program. The control group performed no exercise. The subjects were assessed for physical fitness at baseline and at 12 weeks. The aquatic exercise group showed significant improvements in physical fitness compared to the control group. The improvements were seen in all measures of physical fitness, including cardiovascular fitness, muscular fitness, and body composition. The aquatic exercise program was found to be an effective means of improving physical fitness in sedentary, middle-aged women.

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Larry Wachob

Chairman's Co-Editor, Proceedings and Book Reviews

Abstract

- **Roberta Brian**, Vice President of Projects, Worcester Business Development Corporation
- **Emily Donnelly**, President, Madison Properties
- **Michael Luzzano**, Senior Project Manager, Trinity Financial
- **Hugh McLaughlin**, Principal and Co-Founder, Enalytic Capital Advisory
- **Eric Rotstein**, Chief of Operations and Project Management, City of Worcester (Blackstone)