

Scale 1: 200 @ A1
Scale 1: 400 @ A3Scale 1:200 @ A1
Scale 1:400 @ A3

Sydney Building

Sydney Building Constructions Pty Ltd



Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact aerobically demanding exercise program on the health-related quality of life of sedentary, middle-aged women. The study was a randomized, controlled trial. The study population consisted of 100 women, 40 to 60 years of age, who were sedentary and had no history of cardiovascular disease, diabetes, or other chronic conditions. The study was conducted in a community setting. The intervention group performed a 12-week, low-intensity, low-impact aerobically demanding exercise program. The control group did not exercise. The primary outcome measure was the health-related quality of life, as measured by the SF-36. The secondary outcome measures were the physical activity level, the body mass index, and the blood pressure. The results of the study showed that the intervention group had a significant improvement in the health-related quality of life, as measured by the SF-36, compared to the control group. The improvement was significant for all eight domains of the SF-36, with the largest improvements seen in the physical functioning, role-physical, and bodily pain domains. The improvement in the health-related quality of life was also reflected in the physical activity level, the body mass index, and the blood pressure. The intervention group had a significant increase in the physical activity level, a significant decrease in the body mass index, and a significant decrease in the blood pressure compared to the control group. The results of this study suggest that a 12-week, low-intensity, low-impact aerobically demanding exercise program can improve the health-related quality of life of sedentary, middle-aged women.

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N+S Elevations

City of Auburn City Council

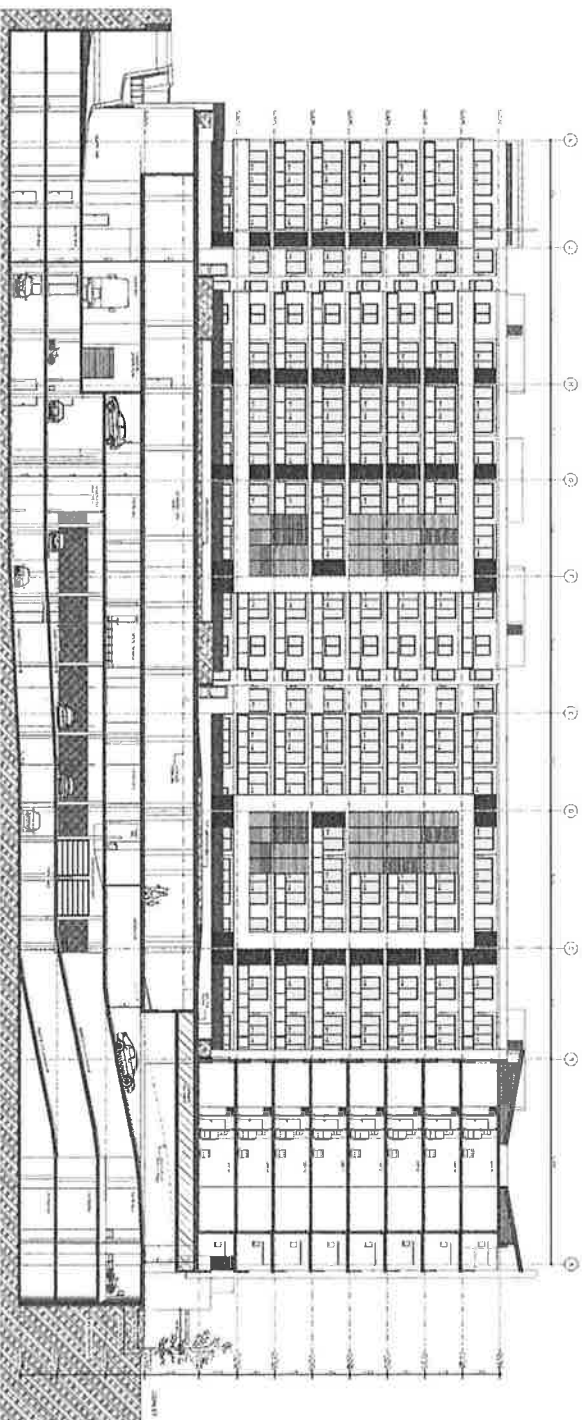
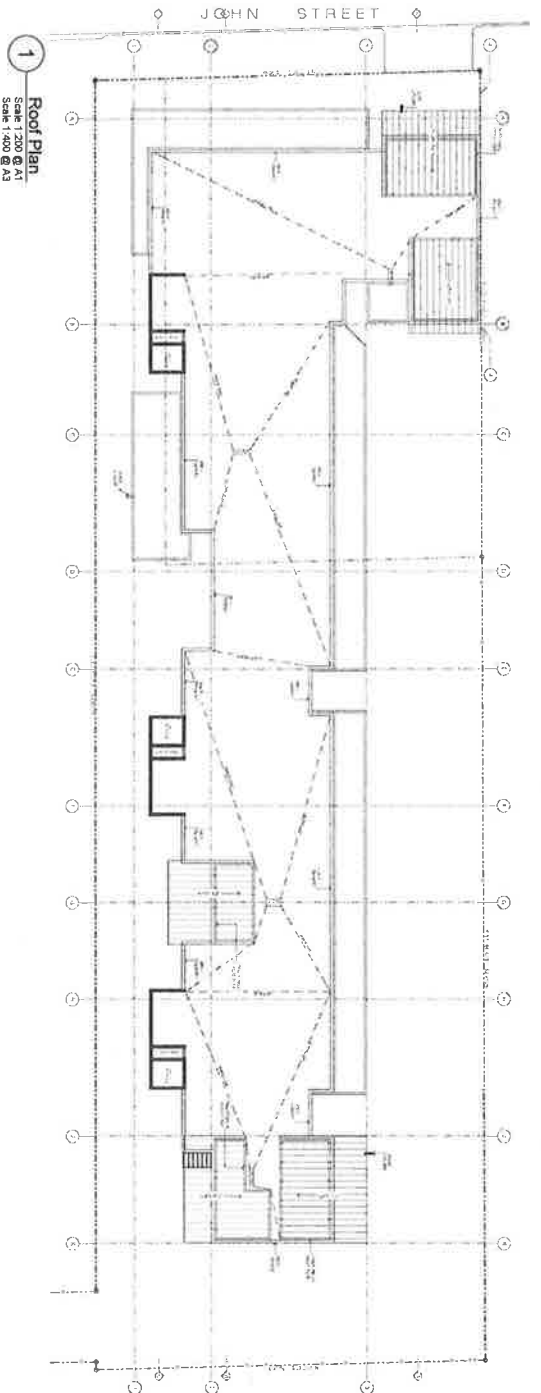
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ZHINAR ARCHITECTS

Mixed Use Development

13-15, 19-21 John St
Lidcombe NSW 2141
8013 DA-B:10

8013 DA-B:10



Item	Quantity	Unit	Value
1.00	1.00	m ²	1.00
2.00	1.00	m ²	1.00
3.00	1.00	m ²	1.00
4.00	1.00	m ²	1.00
5.00	1.00	m ²	1.00
6.00	1.00	m ²	1.00
7.00	1.00	m ²	1.00
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98.00	1.00	m ²	1.00
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Development Application
 Zephaniah Pty Ltd
 Safety Building Construction Pty Ltd
 Mr M. Moser

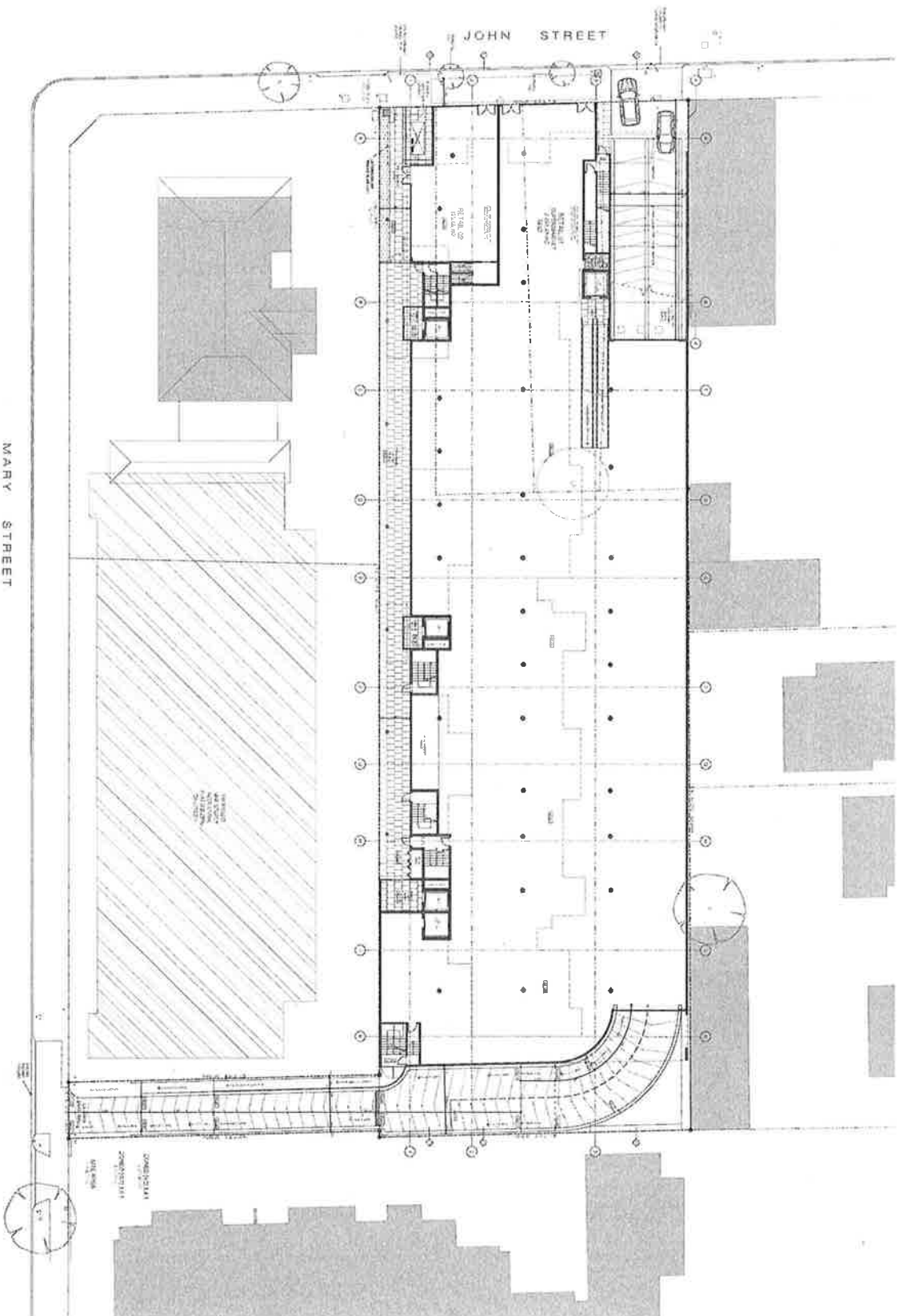
WALL BOUND
 100% BOUND
 100% BOUND

Section AA - Vehicle Ramps and Car Park
 Scale 1:200 @ A1
 Scale 1:400 @ A3

Roof Plan + Vehicle Ramp
 Section AA
 Scale 1:200 @ A1
 Scale 1:400 @ A3

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 ARCHITECTS
 13-15, 19-21 John Street,
 Lidcombe NSW 2141
 8013 DA - B-09

Mixed Use Development
 13-15, 19-21 John Street,
 Lidcombe NSW 2141
 8013 DA - B-09



1

Ground Floor + Site Plan - 13-15, 19-21 John Street, Lidcombe
Scale 1:200 @ A1
Scale 1:400 @ A2

NO.	REVISION	DATE	BY	CHKD.
1	ISSUED FOR PERMIT	11/07/2023	W.M.	W.M.
2	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
3	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
4	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
5	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
6	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
7	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
8	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
9	REVISED PER PERMIT	11/07/2023	W.M.	W.M.
10	REVISED PER PERMIT	11/07/2023	W.M.	W.M.

Development Application
Owner: Prime Properties Pty Ltd
Site: 13-15, 19-21 John Street, Lidcombe
Prepared by: W.M. Mather

Site: 13-15, 19-21 John Street, Lidcombe



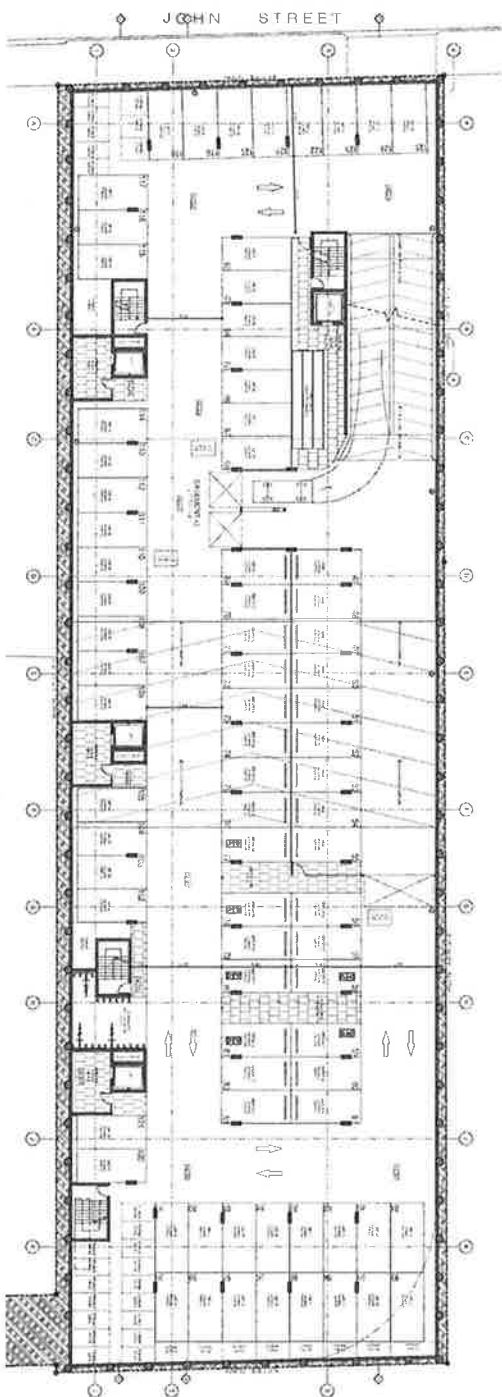
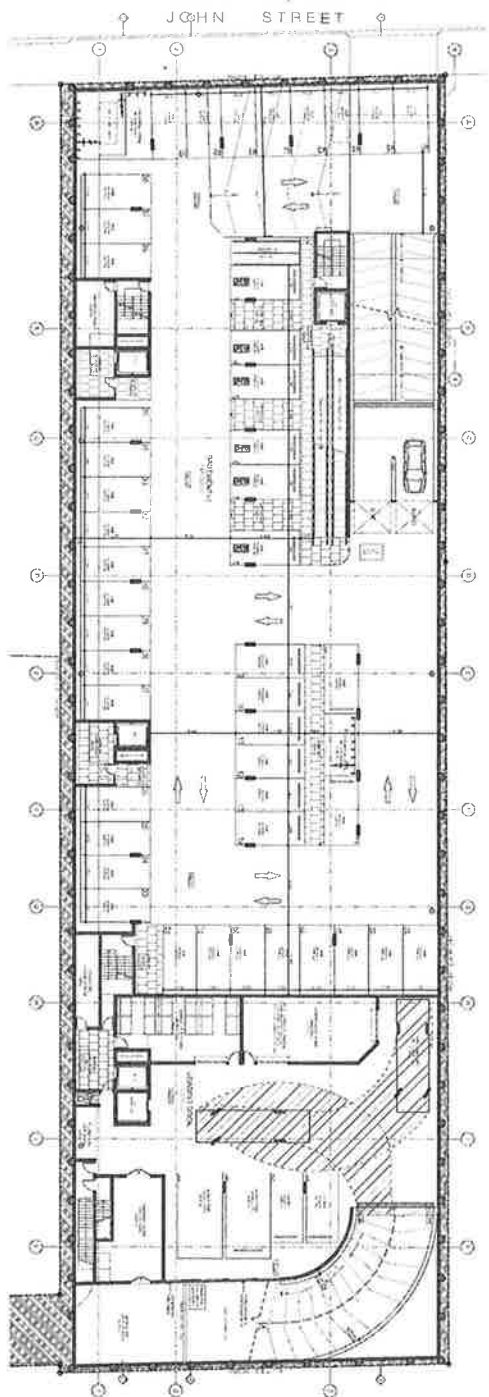
13-15, 19-21 John Street, Lidcombe
The proposed development is a mixed-use development consisting of a three-story commercial building and a two-story residential building. The development is located on a corner lot at the intersection of John Street and Mary Street. The site is bounded by John Street to the north, Mary Street to the west, and the existing building to the east. The proposed development is shown in the attached site plan and floor plans. The development is proposed to be constructed on the existing site. The development is proposed to be constructed on the existing site. The development is proposed to be constructed on the existing site.



Ground Floor + Site Plan
Scale 1:200 @ A1
Scale 1:400 @ A2
13-15, 19-21 John Street, Lidcombe



Mixed Use Development
13-15, 19-21 John Street,
Lidcombe NSW 2141
8013 DA - B04
B



Basement Level -2 Plan - Visitor / Residential

Residential	50
Disabled	(6)
Vactor	(20)
Bicycles	20
Resident	

Development Application

Opus Design
Zinnair Architects Pty Ltd

Draft
Stevley Building Constructions Pty Ltd
Mr M. Mehajer

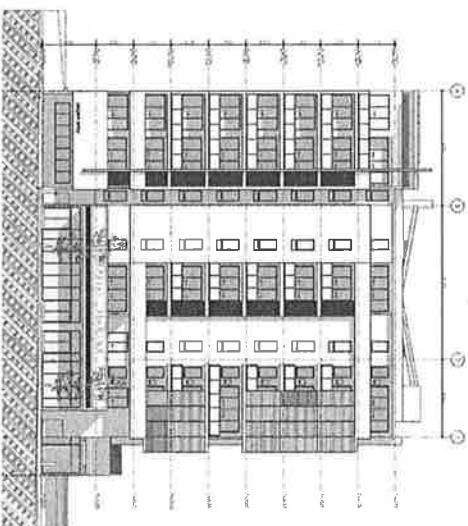
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DEPARTMENT	2006	COUNTY	SCALE	TYPE
2116	404	Nov 2011	42,500.00	LOT
Aurora City Council				

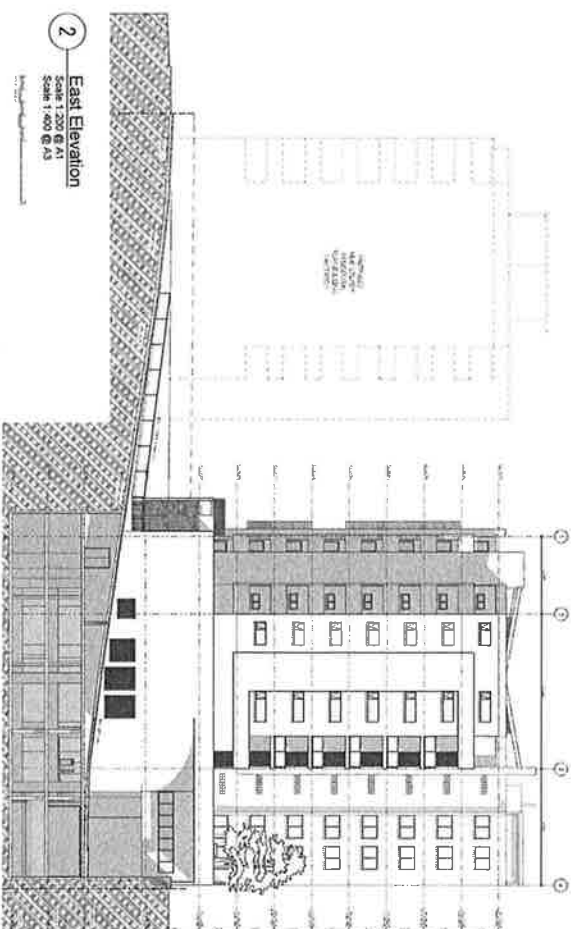
Zhinor Architects

Mixed Use Development
13-15, 19-21 John Street,
Lidcombe NSW 2141
A33 Ind
8013 DA - B:03
1341 E
B

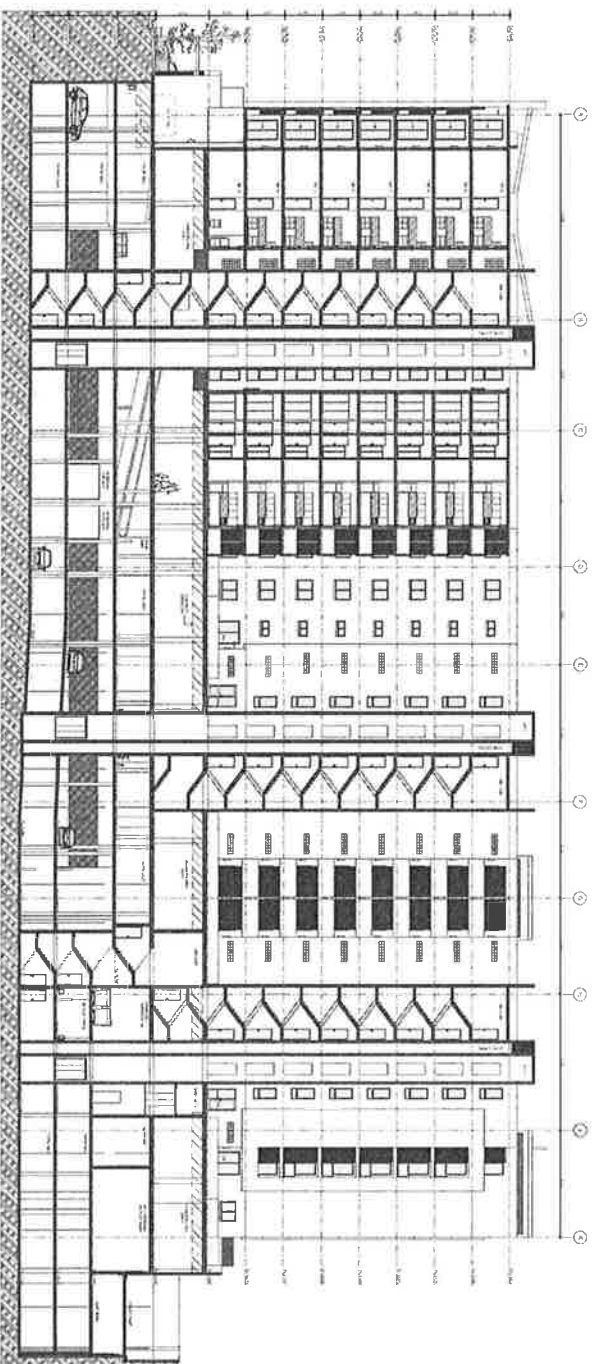
Abstract



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boundary value problem. _____
L. A. Ibragimov

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Original Design
Zhinar Architects Pty Ltd

Client
Sydney Building Constructions Pty Ltd
Mr M. Mehajer

[illegible]

E+W Elevations, Section CC

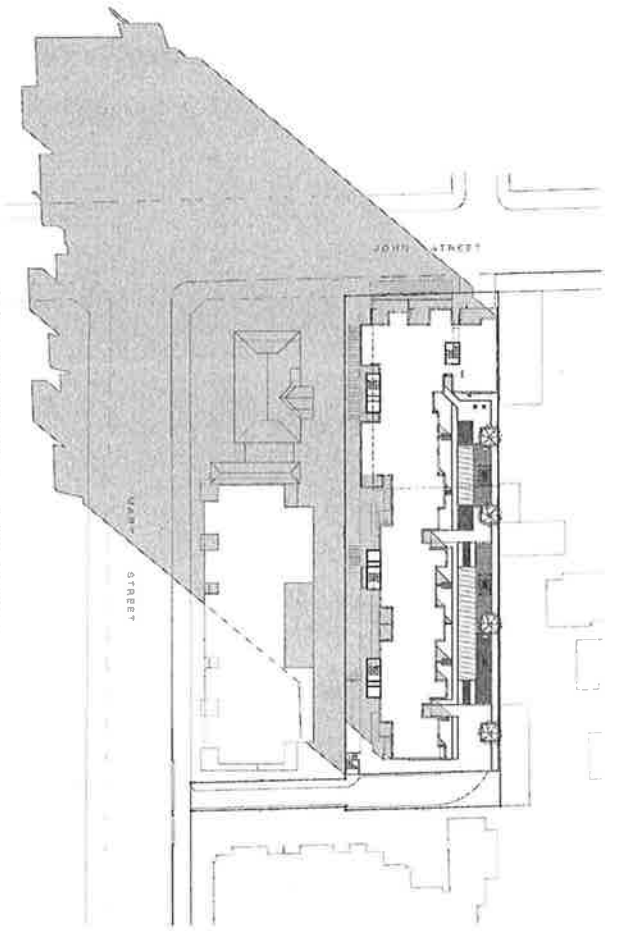
NAME	PHONE	STREET	CITY
ALISA	534	1400 75th	ADAMSBURG
ALISA	534	1400 75th	ADAMSBURG



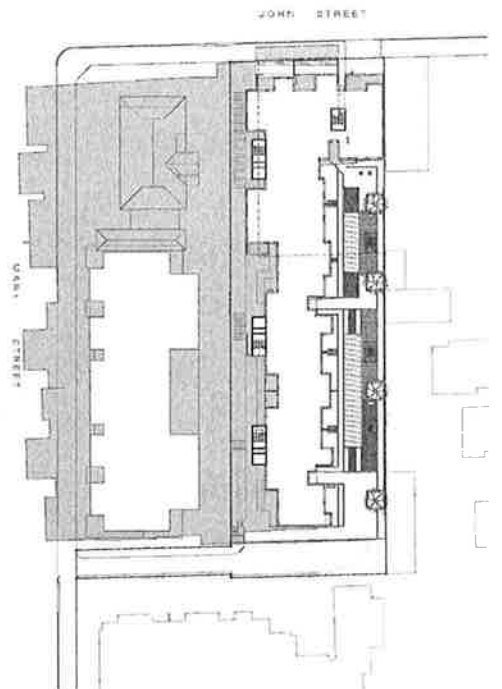
Mixed Use Development

13-15, 19-21 John St
Lidcombe NSW 2141

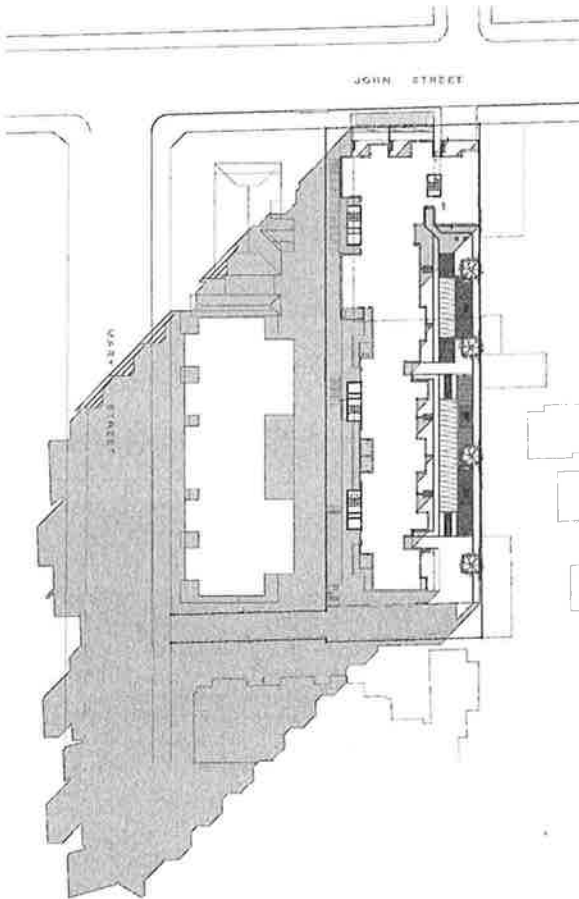
8013 DA-B:11



1 Shadow Diagram - 21 June, 9:00 am
Scale 1:500 @ A1
Scale 1:1000 @ A3



2 Shadow Diagram - 21 June, 12:00 pm
Scale 1:500 @ A1
Scale 1:1000 @ A3



3 Shadow Diagram - 21 June, 3:00 pm
Scale 1:500 @ A1
Scale 1:1000 @ A3

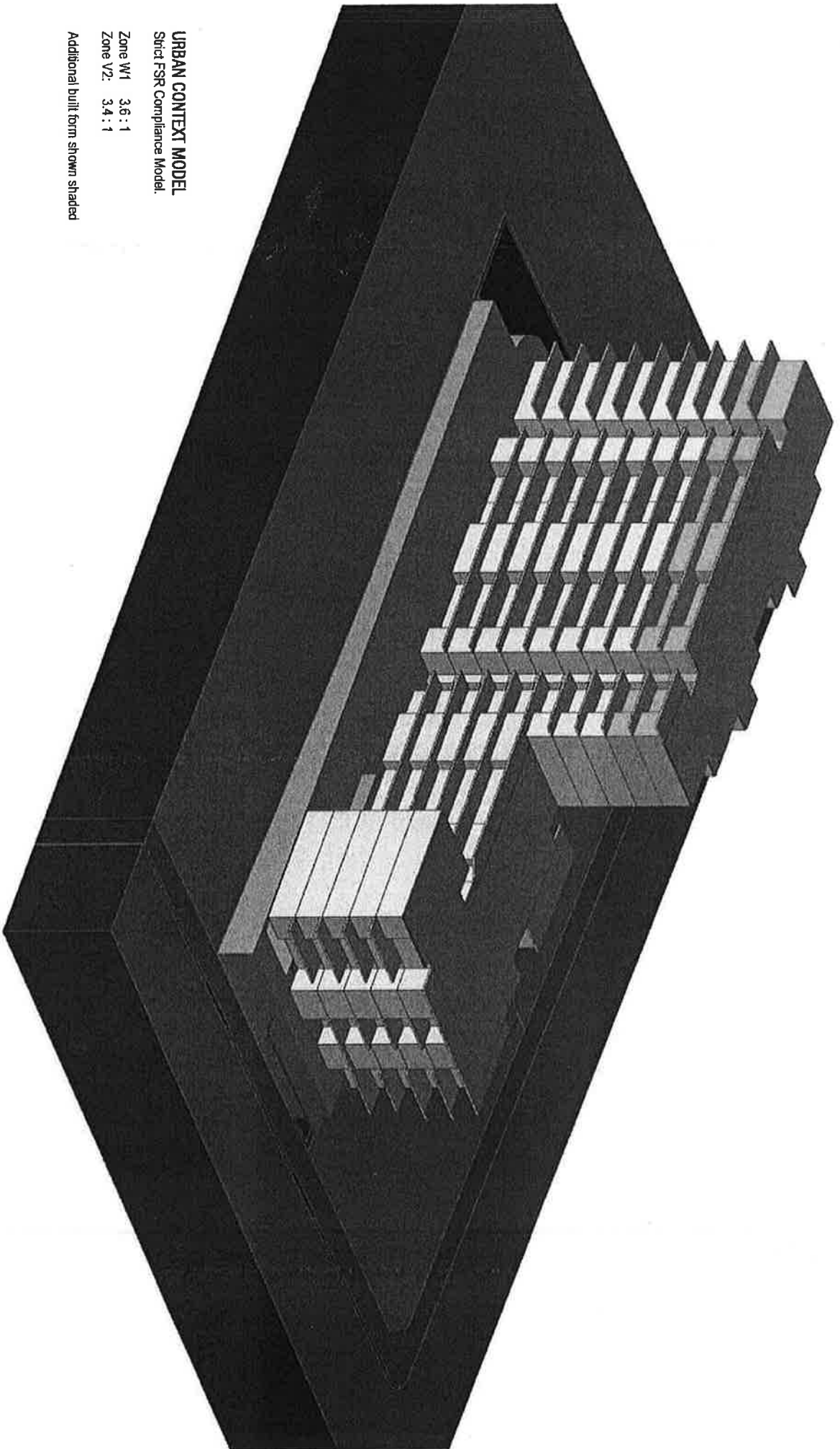
NO.	REVISION	DATE	BY	CHKD.	APPD.
1	ISSUED FOR PERMIT	13/11/2013	MM	MM	MM
2	REVISED PER PERMIT	13/11/2013	MM	MM	MM
3	REVISED PER PERMIT	13/11/2013	MM	MM	MM
4	REVISED PER PERMIT	13/11/2013	MM	MM	MM
5	REVISED PER PERMIT	13/11/2013	MM	MM	MM
6	REVISED PER PERMIT	13/11/2013	MM	MM	MM
7	REVISED PER PERMIT	13/11/2013	MM	MM	MM
8	REVISED PER PERMIT	13/11/2013	MM	MM	MM
9	REVISED PER PERMIT	13/11/2013	MM	MM	MM
10	REVISED PER PERMIT	13/11/2013	MM	MM	MM

Development Application
Zhuar Architects Pty Ltd
Sydney Building Consultants Pty Ltd
Mr M. Webster
RMA APPROVED
YOU DIG

Shadow Diagrams
These diagrams are prepared in accordance with the requirements of the Planning and Environment Act 2000 and the Planning and Environment Regulation 2006. The diagrams are prepared for the purpose of showing the shadows cast by the proposed development on the surrounding area. The diagrams are prepared on the basis of the information provided to the consultant and are not intended to be used for any other purpose. The consultant is not responsible for the accuracy of the information provided to the consultant.

Shadow Diagrams
DATE: 13/11/2013
DRAWN: MM
CHECKED: MM
APPROVED: MM
SCALE: 1:500 @ A1
1:1000 @ A3

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ZHUAR ARCHITECTS
13-15, 18-21 John Street,
Lidcombe NSW 2141
8013 DA - 8-12
Mixed Use Development



URBAN CONTEXT MODEL
Strict FSR Compliance Model.

Zone W1 3.6 : 1
Zone V2: 3.4 : 1

Additional built form shown shaded

1 Alternate Built-form Sketch