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Backgrounds; 9 Growing Old (Dis)Gracefully?: The Gender/Aging/Exercise Nexus; 10 "Doing Something That's Good For Me": Exploring Intersections of Physical Activity and Health Part IV: Lived Body Experiences: Exercise, Embodiment and Performance11 The New 'Superwoman': Intersections of Fitness, Physical Culture and the Female Body in Romania; 12 Keep Your Clothes On!: Fit and Sexy Through Striptease Aerobics; 13 Becoming Aware of Gendered Embodiment: Female Beginners Learning Aikido; 14 Running Embodiment, Power and Vulnerability: Notes Toward a Feminist Phenomenology of Female Running; Contributors; Index

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## Sommario/riassunto

Exercise for women is a heavily-laden social and embodied experience. While exercise promotion has become an increasingly visible part of health campaigns, obesity among women is rising, and studies indicate that women are generally less physically active than men. Women's (lack of) exercise, therefore, has become a public concern, and physiological and psychological research has attempted to develop more effective exercise programs aimed at women. Yet women have a complex relationship with embodiment and physical activity that is difficult for quantitative scientific approaches to explore.

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