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Abstract The purpose of this study was to determine the effect of a 12-week, 30-min, 3 times per week, low-impact aerobically and resistance training 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 exercise or control group. The exercise group performed a 12-week, 30-min, 3 times per week, low-impact aerobically and resistance training program. The control group performed no exercise. The physical fitness of the subjects was measured at baseline and at 12 weeks. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at 12 weeks. The results of the study suggest that a 12-week, 30-min, 3 times per week, low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

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4. *Parasitic feeding habit.*
Refer to "Parasitism" of TRAINING SHEET.

1. **Supervisors: Monitor, Manage, Motivate**

- F. Disrupted bond released into released material
G. Resinco cylinder held with released material

Cellulose-based foams should be prepared in two or three

Discussion

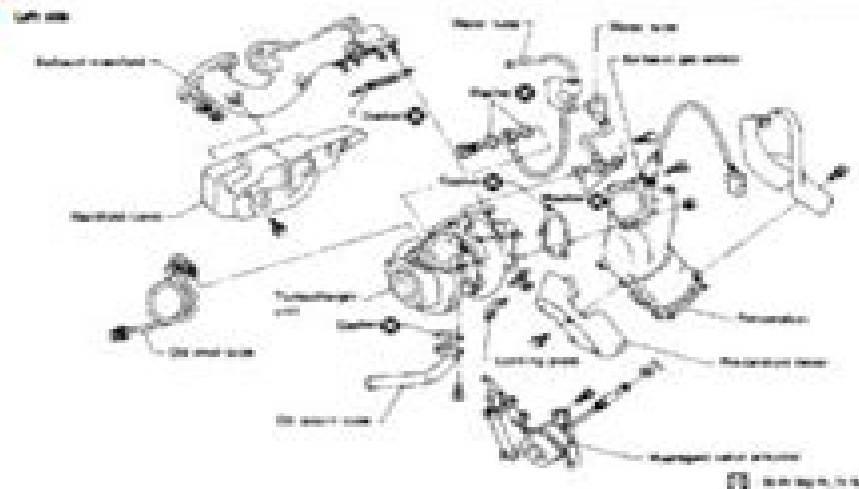
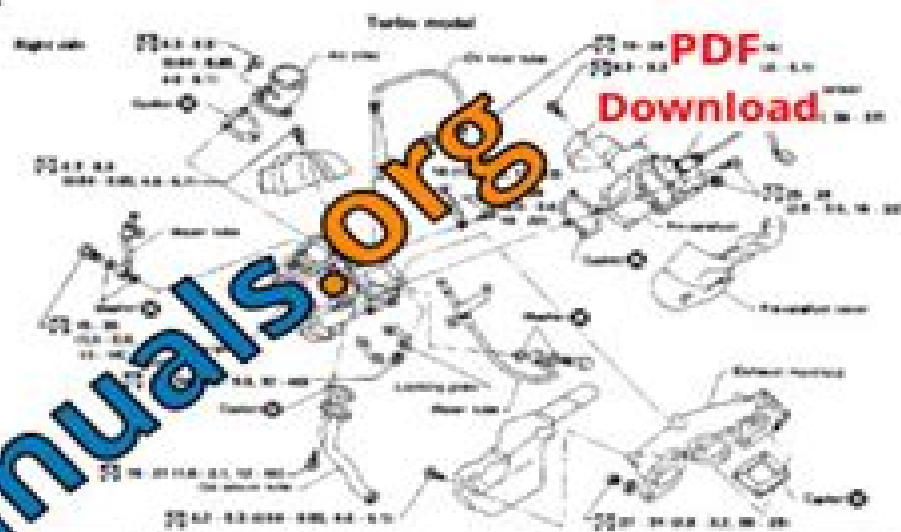
1. Remove the front of the car.
2. Remove the front of the car.
3. Remove the front of the car.

Polymers are characterized mainly by their chemical structure. However, a polymer's properties

Further efforts will be implemented in 2012 to ensure that

Business centers by county (all, private, nonprofit and city)

10. **References on Health, Environment, and Sustainable Development**



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BM King



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