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Abstract

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Abstract

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 supervised 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 subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of weight, body mass index (BMI), waist circumference, blood pressure, heart rate, and resting metabolic rate. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, blood pressure, heart rate, and resting metabolic rate. The walking program also resulted in a significant increase in self-esteem, a significant decrease in anxiety, and a significant decrease in depression. The results of this study suggest that a 12-week, low-intensity, supervised walking program can have a significant positive effect on the physical and psychological health of sedentary, middle-aged women.

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1. **Identify the main components of the system.**

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21. Der p-Quotient $\nu_p(M)$ ist die Summe der p-adischen Bewertungen aller Elemente von M .
22. Der Index einer endlichen Gruppe G ist die Anzahl der Elemente von G , die nicht die Identität sind.
23. Ein Element x einer Gruppe G ist ein Element der Ordnung n , wenn $x^n = 1$ und $x^k \neq 1$ für $k < n$.
24. Ein Element x einer Gruppe G ist ein Element der Ordnung n , wenn $x^n = 1$ und $x^k \neq 1$ für $k < n$.
25. Ein Element x einer Gruppe G ist ein Element der Ordnung n , wenn $x^n = 1$ und $x^k \neq 1$ für $k < n$.

- Elaboración de un mapa con los principales ríos de la zona, teniendo en cuenta, entre otros:**

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PT Brinkman



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