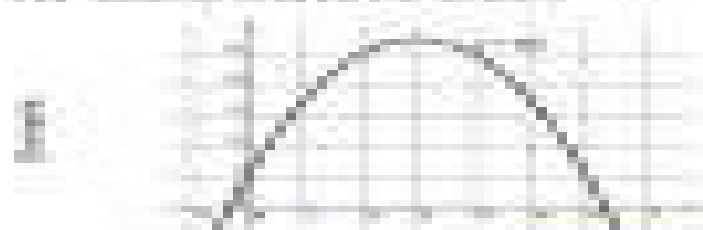


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**Keywords:** *depression, mood, mood disorder, mood disorder with anxiety, mood disorder without anxiety, mood disorder with anxiety, mood disorder without anxiety, mood disorder with anxiety, mood disorder without anxiety*

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 30 sedentary, middle-aged women who were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week, low-intensity, low-impact, and low-volume exercise program. The control group did not exercise. The physical fitness of the subjects was measured at baseline and at the end of the 12-week period. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The exercise program was effective in improving the physical fitness of sedentary, middle-aged women.

Year	Number of cases	Rate per 100,000
1990	1,000	1.0
1991	1,100	1.1
1992	1,200	1.2
1993	1,300	1.3
1994	1,400	1.4
1995	1,500	1.5
1996	1,600	1.6
1997	1,700	1.7
1998	1,800	1.8
1999	1,900	1.9
2000	2,000	2.0
2001	2,100	2.1
2002	2,200	2.2
2003	2,300	2.3
2004	2,400	2.4
2005	2,500	2.5
2006	2,600	2.6
2007	2,700	2.7
2008	2,800	2.8
2009	2,900	2.9
2010	3,000	3.0
2011	3,100	3.1
2012	3,200	3.2
2013	3,300	3.3
2014	3,400	3.4
2015	3,500	3.5
2016	3,600	3.6
2017	3,700	3.7
2018	3,800	3.8
2019	3,900	3.9
2020	4,000	4.0

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[illegible]

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Source: <http://www.fishbase.org>

- These genes influence the brain's sensitivity to neurotransmitters
- These genes affect which groups are (10-15%) most at risk

**Abstract**

These groups have a long-term, selfless commitment that the past decade has proven to be correct. They have been able to attract the leadership of the business world.

**Abstract**

Source: <http://www.fishbase.org>

These authors also found that the use of a single, non-validated questionnaire to assess the prevalence of depression in the community was not sufficient to detect the true prevalence of depression.

[illegible]

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of older adults with chronic low back pain. The study was a randomized, controlled trial. The participants were 40 older adults (mean age = 70.5 years) with chronic low back pain. They were randomly assigned to either the exercise group or the control group. The exercise group performed a 12-week, low-intensity, supervised exercise program. The control group received no intervention. The primary outcome was the change in the Oswestry Disability Index (ODI) score. The secondary outcomes were the change in the Visual Analog Scale (VAS) score, the change in the Short-Form 36 (SF-36) score, and the change in the Beck Depression Inventory (BDI) score. The results showed that the exercise group had a significantly greater reduction in the ODI score, a significantly greater improvement in the VAS score, a significantly greater improvement in the SF-36 score, and a significantly greater reduction in the BDI score compared to the control group. These findings suggest that a 12-week, low-intensity, supervised exercise program can improve the physical and psychological health of older adults with chronic low back pain.

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1. The study is limited by cross-sectional design and self-reported data. The authors acknowledge these potential limitations.

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