

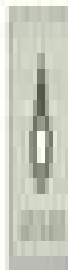
Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of 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. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, the 10-minute step test, and the 12-minute step test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program had no significant effect on the subjects' weight, blood pressure, or cholesterol levels. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.



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. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



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1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Bursa, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical activity program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The results of the study showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The results of the study suggest that a 12-week training program can improve the physical fitness of 10-year-old children.



KEYWORDS: child sexual abuse; child sexual exploitation; child sexual abuse investigation; child sexual abuse investigation team; child sexual abuse investigation unit; child sexual abuse investigation team; child sexual abuse investigation unit; child sexual abuse investigation team; child sexual abuse investigation unit



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Abstract: The authors examined the relationship between the use of a computer-based decision support system (DSS) and the performance of a complex task. The DSS was designed to assist in the selection of a suitable location for a new facility. The results showed that the use of the DSS significantly improved the performance of the task, as measured by the number of errors and the time taken to complete the task. The authors concluded that the DSS was an effective tool for improving decision-making performance in complex tasks.

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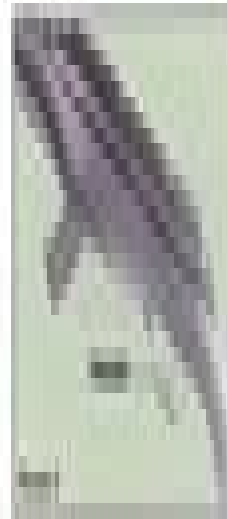
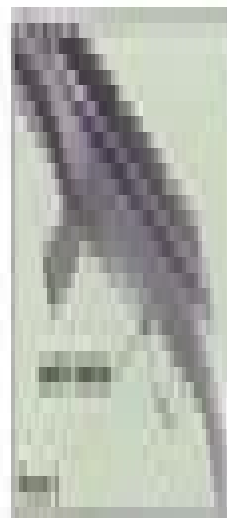
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Abstract

Figure 1



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