

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110

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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The subjects were 15 young women (mean age 20.5 years) who participated in a 12-week training program. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a strength training session, and the third was a cardiovascular training session. The subjects were tested at the beginning and at the end of the program. The results showed that the subjects had a significant increase in their physical and psychological characteristics after the 12-week training program. The subjects had a significant increase in their maximum heart rate, maximum oxygen consumption, maximum power, and maximum force. They also had a significant decrease in their resting heart rate, resting oxygen consumption, and resting power. The subjects also had a significant increase in their psychological characteristics, such as their self-esteem, self-confidence, and self-efficacy. The results of this study suggest that a 12-week training program can have a positive effect on the physical and psychological characteristics of young women.

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2004-2005 *Journal of the American Academy of Child and Adolescent Psychiatry* 44:10-11. doi:10.1097/00004583-200501000-00002

Unemployment Issues: The unemployment rate in the United States has been steadily rising since the recession began in 2007. The current rate is 10.2%, which is a significant increase from the 4.6% rate in 2007. This has led to a loss of income for many families, and a decrease in the standard of living. The government has implemented various programs to help the unemployed, but these have not been enough to bring the rate down. The issue of unemployment is a major concern for many Americans, and it is one that needs to be addressed.

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 women, 40 to 55 years of age, who were sedentary and had no history of cardiovascular disease. The subjects were randomly assigned to either a walking program or a control group. The walking program consisted of walking for 30 minutes, three times a week, for 12 weeks. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the subjects' physical and psychological health. The walking program significantly improved the subjects' cardiovascular fitness, as measured by the 6-minute walk 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 or blood pressure. 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.

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Maggies Inheritance Recipes Receipts And Remedies Handed Down Since 1670 To The 20th Century

Maggie Nuyten



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