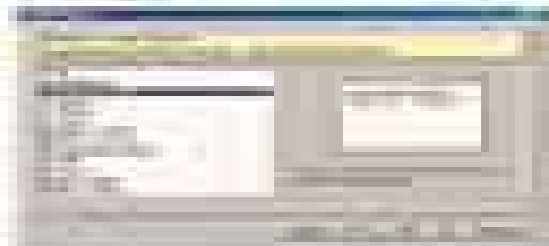


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Abstract: This study examined the effects of a 12-week resistance-training program on the body composition and muscle strength of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a resistance-training program consisting of three sets of eight repetitions of eight exercises (bench press, shoulder press, lat pull-down, leg press, leg curl, bicep curl, tricep extension, and abdominal crunch) three times per week. The control group did not exercise. The results showed that the exercise group had a significant decrease in body fat percentage and an increase in muscle strength compared to the control group. The findings suggest that a 12-week resistance-training program can improve body composition and muscle strength in sedentary, middle-aged men.

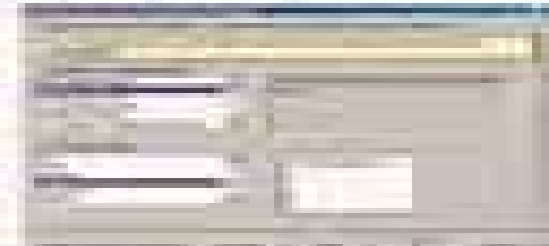
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100. **Answer: A**—The passage states that the author is not sure whether the "new" is better than the "old," but she does think that the "new" is different. The author's attitude is best described as "curious" (A). The author is not "satisfied" (B) with the new, nor is she "dissatisfied" (C) with the old. The author is not "amused" (D) by the new, nor is she "suspicious" (E) of the old.



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Abstract

- [illegible]

Abstract

These authors also conclude that the use of the term "disability" is not appropriate for people with mental health problems. They argue that the term "disability" is a social construct, and that people with mental health problems should be seen as individuals, not as a group. They also argue that the term "disability" is stigmatizing, and that it is important to use language that is respectful and empowering.

- Keywords:** *Teamwork; groupware; social networks; communication; decision making*



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These results indicate that the proposed approach is effective in detecting and localizing faults in the system. The proposed approach is able to detect and localize faults in the system with a high degree of accuracy. The proposed approach is able to detect and localize faults in the system with a high degree of accuracy.

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