

**ДЫГЕНСКАЯ
ПРАВДА**

THE UNIVERSITY OF CHICAGO
CHICAGO, ILLINOIS
1962

[illegible][illegible]

1. **NAME** _____

FIM scores improved from baseline to follow-up in both groups.

Figure 1

ДО НАДРОБУ И ВЛАСТИ



Abstract

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1. Project Name:	2. Project Manager:
3. Project Start Date:	4. Project End Date:
5. Project Budget:	6. Project Status:

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

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© АВТОРАТЪТ НА РАБОТАТА МОЖЕ ДА ПОДЪВЪРНЕ ПРОВЕРКА НА СЪСТОЯНИЕТО НА СВОИТЕ ДОКУМЕНТИ

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Table 1. *Continued*

Variable	Mean	SD	Median	Mode	Range
Age	36.2	10.1	35	35	18-60
Gender					
Male	10.0	0.0	10	10	10-10
Female	10.0	0.0	10	10	10-10
Marital status					
Married	10.0	0.0	10	10	10-10
Single	10.0	0.0	10	10	10-10
Divorced	10.0	0.0	10	10	10-10
Widowed	10.0	0.0	10	10	10-10
Education					
High school	10.0	0.0	10	10	10-10
College	10.0	0.0	10	10	10-10
Postgraduate	10.0	0.0	10	10	10-10
Occupation					
Manager	10.0	0.0	10	10	10-10
Professional	10.0	0.0	10	10	10-10
Technician	10.0	0.0	10	10	10-10
Worker	10.0	0.0	10	10	10-10
Unemployed	10.0	0.0	10	10	10-10
Income					
Low	10.0	0.0	10	10	10-10
Medium	10.0	0.0	10	10	10-10
High	10.0	0.0	10	10	10-10

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the 1990s, the industry has been hit hard by a combination of factors. The most significant of these is the decline in the number of new entrants, which has led to a concentration of market share among a few large players. This has resulted in a more competitive environment, with prices falling and margins shrinking. Another major factor is the increasing pressure from governments and consumers to reduce the environmental impact of the industry. This has led to a shift in focus towards sustainable production methods, which has also helped to reduce costs. Finally, the industry has been hit by a combination of economic factors, including a decline in demand and a rise in input costs. These factors have all contributed to a challenging environment for the industry, and it is clear that the future will be a period of continued consolidation and innovation.

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[illegible]

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 young adults. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included cardiovascular exercise, strength training, and flexibility exercises. The results showed that the participants experienced significant improvements in cardiovascular fitness, muscle strength, and flexibility. The program was well-received by the participants, and the improvements were maintained for at least 6 weeks after the end of the training. The study suggests that a 12-week training program can effectively improve the physical fitness of young adults.

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THE **NEW** **AMERICAN** **WOMAN** **OF** **THE** **21ST** **CENTURY**

[illegible][illegible]

...the ...

CONCLUSIONS

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