

Abstract

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Abstract. The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and BP were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in both HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

CONCLUSIONS

It is concluded that the use of the proposed model for the analysis of the data obtained from the tests of the specimens of the composite material is possible. The model makes it possible to obtain the results of the tests of the specimens of the composite material in the form of the dependence of the load on the displacement of the specimens. The model makes it possible to obtain the results of the tests of the specimens of the composite material in the form of the dependence of the load on the displacement of the specimens.



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Keywords: *workplace spirituality, organizational commitment, organizational citizenship behavior, turnover intention, organizational trust, organizational identification*

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WILLIAM L. BROWN, JR., president, American Association of University Professors, says that the American public is "not ready to accept the fact that the government is not only a lawbreaker but also a lawbreaker who is not going to be punished." He says that the American public is "not ready to accept the fact that the government is not only a lawbreaker but also a lawbreaker who is not going to be punished."

■ **THE CHAIRMAN** (MRS. J. J. HARRIS) (L.)

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male police officers. 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 officers' physical fitness improved significantly after the 12-week program. The officers' cardiovascular fitness, measured by heart rate and oxygen consumption, improved significantly. The officers' strength, measured by the number of push-ups and sit-ups, improved significantly. The officers' flexibility, measured by the range of motion of the hips and shoulders, improved significantly. The results of this study suggest that a 12-week training program can improve the physical fitness of police officers.

"I'm not a doctor," says Dr. David A. Asch, a professor of psychology at the University of Wisconsin-Madison, "but I can tell you that the more you know about your health, the better off you will be. And the more you know, the more you can do to prevent disease and keep it from coming back."

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Advertisement: The advertisement for the book "The Book of David" by David J. Reardon, published by the University of Chicago Press, is located in the bottom right corner of the page. It features a small image of the book cover and text describing the book's content, which is a collection of essays on the life and work of David J. Reardon. The text mentions that the book is a collection of essays on the life and work of David J. Reardon, published by the University of Chicago Press. The text also mentions that the book is a collection of essays on the life and work of David J. Reardon, published by the University of Chicago Press.

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group was divided into two subgroups: the control group and the experimental group. The experimental group was divided into two subgroups: the control group and the experimental group. The control group was divided into two subgroups: the control group and the experimental group. The experimental group was divided into two subgroups: the control group and the experimental group.

WATER-CONTROL
 The U.S. Army Corps of Engineers is seeking proposals for the design and construction of a water control structure on the Mississippi River. The structure is to be located in the state of Louisiana. The project is to be completed by September 1991. For information, contact the Corps of Engineers, New Orleans District Office, 101 Poydras Street, New Orleans, LA 70112. (504) 586-1000.

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