

СЕРТЪ ТЕРПЛАН ПОДЪНОГО ИЛИ ИЛИ

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1. **Background:** The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact exercise program on the physical and psychological health of older adults with chronic conditions. The study was conducted in a community-based setting, and the participants were recruited through local health fairs and senior centers. The study was approved by the Institutional Review Board at the University of Illinois at Chicago.

2. **Methods:** The study was a randomized controlled trial. The participants were randomly assigned to either the exercise group or the control group. The exercise group participated in a 12-week, low-intensity, low-impact exercise program, while the control group did not participate in any exercise program. The primary outcome was the change in physical health, measured by the 6-minute walk test and the Timed Up and Go test. The secondary outcome was the change in psychological health, measured by the Geriatric Depression Scale and the Geriatric Anxiety Inventory.

3. **Results:** The study included 100 participants, with 50 in the exercise group and 50 in the control group. The exercise group showed a significant improvement in physical health, with a mean increase of 150 meters in the 6-minute walk test and a mean decrease of 10 seconds in the Timed Up and Go test. The control group showed no significant change in physical health. The exercise group also showed a significant improvement in psychological health, with a mean decrease of 5 points on the Geriatric Depression Scale and a mean decrease of 5 points on the Geriatric Anxiety Inventory. The control group showed no significant change in psychological health.

4. **Conclusion:** The study found that a 12-week, low-intensity, low-impact exercise program significantly improved the physical and psychological health of older adults with chronic conditions. The exercise program was safe and feasible for older adults, and it had a positive impact on their quality of life. The study suggests that such a program should be implemented in community-based settings to improve the health of older adults.

5. **Limitations:** The study had several limitations. First, the study was a short-term study, and the long-term effects of the exercise program were not known. Second, the study was conducted in a community-based setting, and the results may not be generalizable to other populations. Third, the study did not measure the cost-effectiveness of the exercise program.

6. **Future Research:** Future research should investigate the long-term effects of the exercise program and its cost-effectiveness. It should also investigate the effects of the exercise program on other outcomes, such as functional status and health-related quality of life.

7. **References:**

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Source: *U.S. Census Bureau, Current Population Reports, 1990*.

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1. **Introduction**

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Abstract

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1. **Introduction**
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The following table shows the results of the regression analysis for the dependent variable "Number of publications" (N = 100). The independent variables are "Gender" (Male/Female) and "Age" (Young/Middle/Older). The table includes the coefficient estimates, standard errors, t-statistics, and p-values for each variable.

Variable	Coefficient	Standard Error	t-statistic	p-value
Gender (Male)	0.15	0.08	1.88	0.06
Gender (Female)	-0.12	0.09	-1.33	0.18
Age (Young)	0.25	0.05	5.00	0.00
Age (Middle)	0.18	0.06	3.00	0.01
Age (Older)	-0.05	0.07	-0.71	0.48
Constant	1.50	0.10	15.00	0.00

The regression equation is: $\text{Number of publications} = 1.50 + 0.15 \text{ Gender (Male)} - 0.12 \text{ Gender (Female)} + 0.25 \text{ Age (Young)} + 0.18 \text{ Age (Middle)} - 0.05 \text{ Age (Older)}$.

Abstract

THE JOURNAL OF THE
AMERICAN SOCIETY OF
PHYSIOLOGISTS
Volume 250, Number 1, January 1980
ISSN 0021-9571

Figure 6

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