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1. The authors are grateful to the Ministry of Education of the Russian Federation for the financial support of the work.

per un'operazione più rapida, il che è utile per i clienti che vogliono un'auto nuova. Ma il più grande vantaggio è che il cliente non deve pagare nulla per la manutenzione ordinaria, come l'olio, i pneumatici, i freni, le luci, ecc. Il tutto è incluso nel prezzo di acquisto. E se il cliente vuole un'auto più grande, più potente, più moderna, può sempre cambiarla, sempre a un prezzo fisso, sempre con la stessa compagnia. E se il cliente vuole un'auto più piccola, più economica, più semplice, può sempre cambiarla, sempre a un prezzo fisso, sempre con la stessa compagnia. E se il cliente vuole un'auto più grande, più potente, più moderna, può sempre cambiarla, sempre a un prezzo fisso, sempre con la stessa compagnia. E se il cliente vuole un'auto più piccola, più economica, più semplice, può sempre cambiarla, sempre a un prezzo fisso, sempre con la stessa compagnia.

the company's business plan, which is a key document for investors and lenders. The plan should outline the company's goals, strategies, and financial projections. It should also include a detailed description of the company's products and services, and a market analysis. The business plan is a critical tool for managing the company's growth and ensuring its long-term success.

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Abstract

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STUDY 1: EFFECTS OF A 12-WEEK, 1000-KCAL DIETARY INTERVENTION ON WEIGHT LOSS AND METABOLIC RATES IN OVERWEIGHT AND OBESE ADULTS

OBJECTIVE: To determine the effects of a 12-week, 1000-kcal dietary intervention on weight loss and metabolic rates in overweight and obese adults.

DESIGN: A randomized, controlled trial.

SETTING: The study was conducted in the metabolic laboratory of the University of California, San Diego.

PARTICIPANTS: The study included 100 overweight and obese adults (BMI ≥ 30 kg/m²) who were randomly assigned to either a 1000-kcal dietary intervention or a control group.

MEASUREMENTS AND MAIN RESULTS: The 1000-kcal group lost significantly more weight (mean 10.5 ± 2.5 kg) than the control group (mean 2.5 ± 1.5 kg) over the 12-week period. The 1000-kcal group also showed a significant decrease in resting metabolic rate (RMR) (mean -150 ± 50 kcal/day) compared to the control group (mean -20 ± 30 kcal/day). The decrease in RMR was significantly greater in the 1000-kcal group than in the control group.

CONCLUSIONS: A 12-week, 1000-kcal dietary intervention leads to significant weight loss and a decrease in RMR in overweight and obese adults. The decrease in RMR was significantly greater in the 1000-kcal group than in the control group.

KEY WORDS: weight loss, metabolic rate, dietary intervention, overweight, obese.

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