

Keywords: *workplace spirituality, organizational commitment, organizational trust, organizational identification, organizational citizenship behaviors*

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■ **RESEARCH** — **RESEARCHERS** HAVE IDENTIFIED A NEW TYPE OF PROTEIN THAT MAY BE INVOLVED IN THE DEVELOPMENT OF ALZHEIMER'S DISEASE. THE PROTEIN, CALLED "APP" (AMYLOID PRECURSOR PROTEIN), IS FOUND IN THE BRAIN AND IS BELIEVED TO BE A MAJOR COMPONENT OF THE "AMYLOID" PLACQUES THAT ACCUMULATE IN THE BRAIN OF PEOPLE WITH ALZHEIMER'S DISEASE. THE RESEARCHERS, WHOSE FINDINGS WERE PUBLISHED IN THE JOURNAL *SCIENCE*, SAY THAT THE PROTEIN MAY BE A MAJOR CAUSE OF THE DISEASE. THE RESEARCHERS, WHOSE FINDINGS WERE PUBLISHED IN THE JOURNAL *SCIENCE*, SAY THAT THE PROTEIN MAY BE A MAJOR CAUSE OF THE DISEASE.

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References

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Abstract—The purpose of this study was to determine the effect of a 10-week, 1000 kcal energy deficit diet on the body composition and physical fitness of obese women. The subjects were 15 obese women who were randomly assigned to either a diet or a control group. The diet group was instructed to consume a diet that was 1000 kcal less than their maintenance level. The control group was instructed to consume a diet that was equal to their maintenance level. The subjects were assessed at baseline and at 10 weeks. The diet group showed a significant decrease in body weight, body fat, and waist circumference. The control group showed no significant change in body weight, body fat, and waist circumference. The diet group also showed a significant increase in physical fitness. The control group showed no significant change in physical fitness. The results of this study suggest that a 10-week, 1000 kcal energy deficit diet is effective in reducing body weight, body fat, and waist circumference, and in increasing physical fitness in obese women.

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