

Адыгейская ПРАВДА

Выходит 1 раз в день, кроме воскресенья и праздничных дней.

Цена 1 копейка. Подписка на 12 месяцев 120 копеек.



Солдаты Красной Армии в бою.



Работники колхоза в поле.



Солдаты Красной Армии в бою.

Из Советского Информбюро

Войска Красной Армии продолжают вести активные боевые действия в районе населенных пунктов... (The text continues with detailed reports on military operations, mentioning various units and locations.)

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БРАТСТВО

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Keywords: *work engagement, organizational commitment, turnover intentions, organizational citizenship behaviors, job satisfaction, organizational trust, organizational identification, organizational justice, organizational support, organizational identification, organizational trust, organizational justice, organizational support, organizational identification, organizational trust, organizational justice, organizational support*

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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week, low-intensity, supervised exercise program. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The exercise group showed significant improvements in physical and psychological health compared to the control group. The exercise group showed significant improvements in body mass index, waist circumference, and blood pressure. The exercise group also showed significant improvements in self-esteem, body image, and quality of life. The control group showed no significant changes in any of the variables measured. The results of this study suggest that a 12-week, low-intensity, supervised exercise program can improve the physical and psychological health of sedentary, middle-aged, obese women.

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1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to either a control group or a training group. The control group continued with their sedentary lifestyle, while the training group participated in a 10-week training program consisting of three sessions per week of aerobic exercise. The HR and EE were measured at baseline and at the end of the 10-week training program. The results showed that the training group had a significant decrease in HR and a significant increase in EE compared to the control group. The results suggest that a 10-week training program can improve the cardiovascular and metabolic health of sedentary, middle-aged women.

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Abstract

STRENGTHENING COMMUNITY RESILIENCE

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STRENGTHENING COMMUNITY RESILIENCE
FOR THE FUTURE

CONCLUSIONS

10. *Journal of the American Medical Association*, 277:1033-1034, 1997

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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