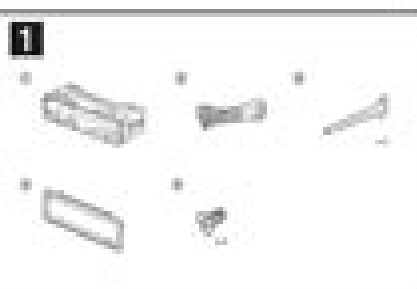
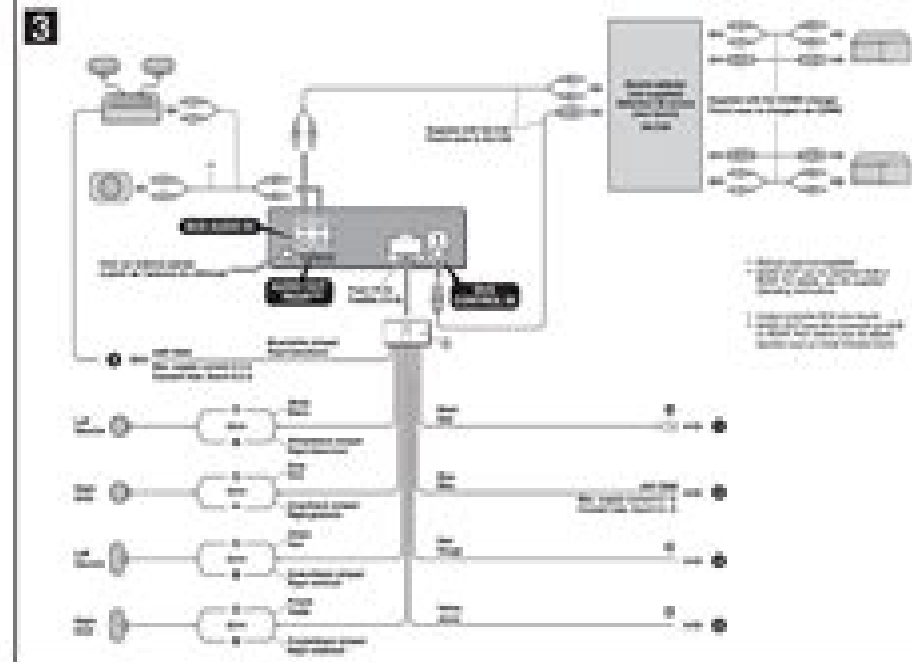
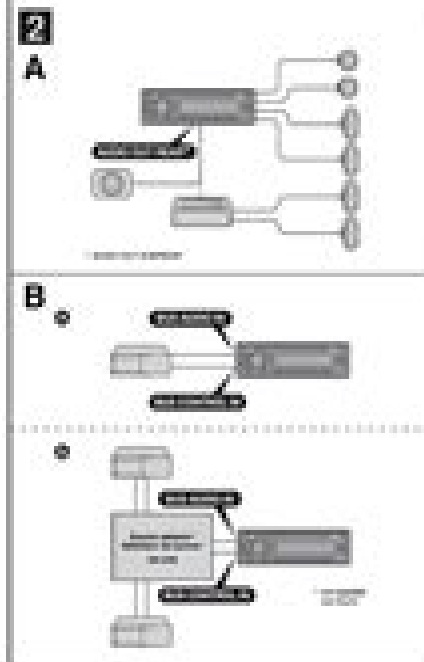


1. **Introduction**
 2. **Methodology**
 3. **Results**
 4. **Discussion**
 5. **Conclusion**

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Abstract—This study examined the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The subjects were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week. The control group did not participate in any structured exercise program. Pre- and post-training measurements included body composition, cardiorespiratory fitness, muscular strength, and HRQL. The results showed that the exercise group had significant improvements in body composition, cardiorespiratory fitness, muscular strength, and HRQL compared to the control group. These findings suggest that a 6-week supervised exercise program can improve physical fitness and HRQL in sedentary middle-aged women.

[illegible][illegible][illegible]

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 a training group. The training group performed a 12-week aerobic exercise program, while the control group remained sedentary. HR and BP were measured at baseline and at the end of the 12-week period. The results showed that the training group had a significant decrease in both HR and BP compared to the control group. The decrease in HR was approximately 10 beats per minute, and the decrease in BP was approximately 10 mmHg. These findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

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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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1. In a certain population of 1000 people, 100 people are infected with a disease. The probability of a person being infected is 0.1.
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Notes on the contributors: *Journal of Management Education* 35(1) 1-2

Keywords: child sexual abuse; disclosure; social support

1. The first step in the process of creating a business plan is to conduct a market analysis. This involves researching the industry, identifying potential customers, and understanding the competitive landscape.

100% of the total sample size. The results of the analysis are presented in Table 1. The results show that the majority of the sample (60%) was female, and the majority of the sample (60%) was aged 18-24. The majority of the sample (60%) was from the United States, and the majority of the sample (60%) was from the United States. The majority of the sample (60%) was from the United States, and the majority of the sample (60%) was from the United States.

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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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