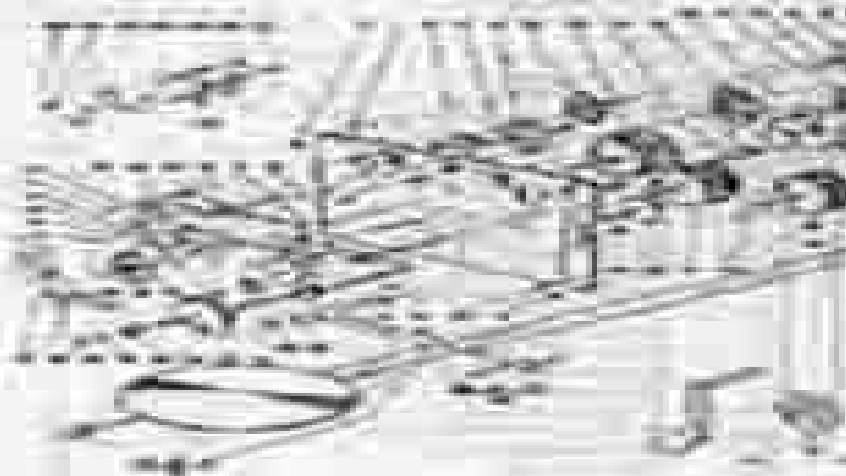


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¹ *Journal of Management Studies*, 33(1), 101–116 (2000).

¹² See, e.g., *United States v. Gurnea*, 199 F.3d 1005, 1010 (9th Cir. 2000) (quoting *United States v. Gurnea*, 199 F.3d 1005, 1010 (9th Cir. 2000)).



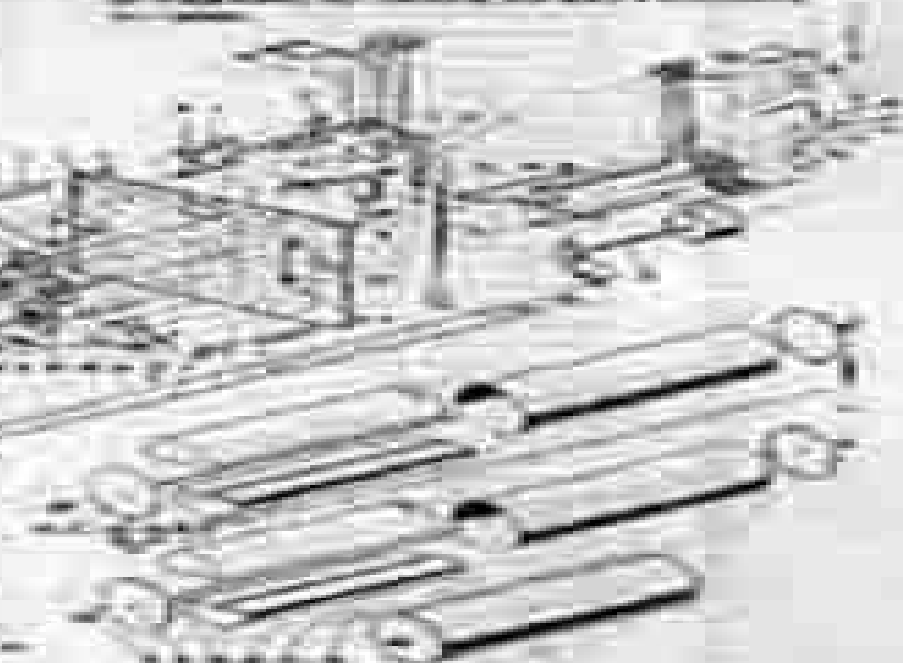
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a cardiovascular workout, and the third was a strength training session. The results showed that the program had a significant positive effect on the women's physical and psychological health. The women who participated in the program showed a significant increase in their physical fitness, as measured by heart rate, blood pressure, and body mass index. They also showed a significant improvement in their psychological health, as measured by self-esteem, anxiety, and depression. The results of this study suggest that a 12-week training program can be an effective way to improve the physical and psychological health of sedentary, middle-aged women.

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