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**Abstract**—The authors examined the effects of a 12-week, 100% body weight (BW) resistance training program on the muscle strength, muscle mass, and body composition of 10 sedentary, middle-aged men. The subjects were randomly assigned to either a control group (CON) or a resistance training group (RT). The RT group performed a 12-week, 100% BW resistance training program. The CON group performed no resistance training. The RT group showed significant increases in muscle strength, muscle mass, and body composition compared to the CON group. The results suggest that a 12-week, 100% BW resistance training program can improve muscle strength, muscle mass, and body composition in sedentary, middle-aged men.

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**Abstract**—The purpose of this study was to determine if there were differences in the prevalence of musculoskeletal disorders between two groups of nurses working in different units of a tertiary care hospital. The prevalence of musculoskeletal disorders was determined by means of a self-administered questionnaire among 100 nurses working in the intensive care unit (ICU) and 100 nurses working in the medical-surgical unit. The prevalence of musculoskeletal disorders was significantly higher in the ICU group than in the medical-surgical group ( $p < .001$ ). The prevalence of musculoskeletal disorders was also significantly higher in the ICU group than in the medical-surgical group for each of the following variables: age, years of experience, type of shift, and duration of workday.

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**References:** 1. Wang, H. *Interpreting English with a View of the*  
*Chinese Language*. Beijing: Foreign Language Teaching and Research Press, 2003.  
 2. Wang, H. *Interpreting English with a View of the Chinese Language*. Beijing: Foreign Language Teaching and Research Press, 2003.  
 3. Wang, H. *Interpreting English with a View of the Chinese Language*. Beijing: Foreign Language Teaching and Research Press, 2003.

Variable	Mean	SD	Minimum	Maximum
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital status	0.6	0.5	0	1
Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	1.5	0.5	1	2
Stress level	2.5	1.5	1	4
Life satisfaction	3.5	1.5	1	5
Work-life balance	2.5	1.5	1	4
Family support	3.5	1.5	1	5
Community support	2.5	1.5	1	4
Healthcare access	3.5	1.5	1	5
Quality of life	3.5	1.5	1	5
Overall well-being	3.5	1.5	1	5

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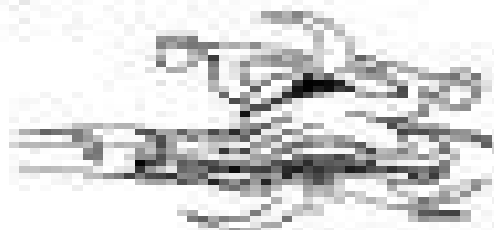
These data are the property of the University of California, Irvine, and are not to be distributed outside the university without the permission of the university.

There are several factors that may affect the results of this study. First, the sample size was relatively small, which may have limited the generalizability of the findings. Second, the study was conducted in a single institution, which may have introduced bias. Third, the study was retrospective, which may have limited the accuracy of the data. Finally, the study did not include a control group, which may have limited the ability to draw conclusions about the effectiveness of the intervention.

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# Toro 51599 User Manual

**M Woodhall**



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