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Background: 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 older adults with chronic low back pain (CLBP). Methods: A total of 20 older adults with CLBP were recruited from a community-based exercise program. They were randomly assigned to either a supervised exercise program or a control group. The supervised exercise program consisted of 12 weeks of low-intensity, supervised exercise. The control group consisted of 12 weeks of no exercise. Data were collected at baseline, 6 weeks, and 12 weeks. Results: The supervised exercise group showed significant improvements in physical and psychological health compared to the control group. Specifically, the supervised exercise group showed significant improvements in pain, disability, and quality of life. Conclusion: A 12-week, low-intensity, supervised exercise program can improve the physical and psychological health of older adults with CLBP.

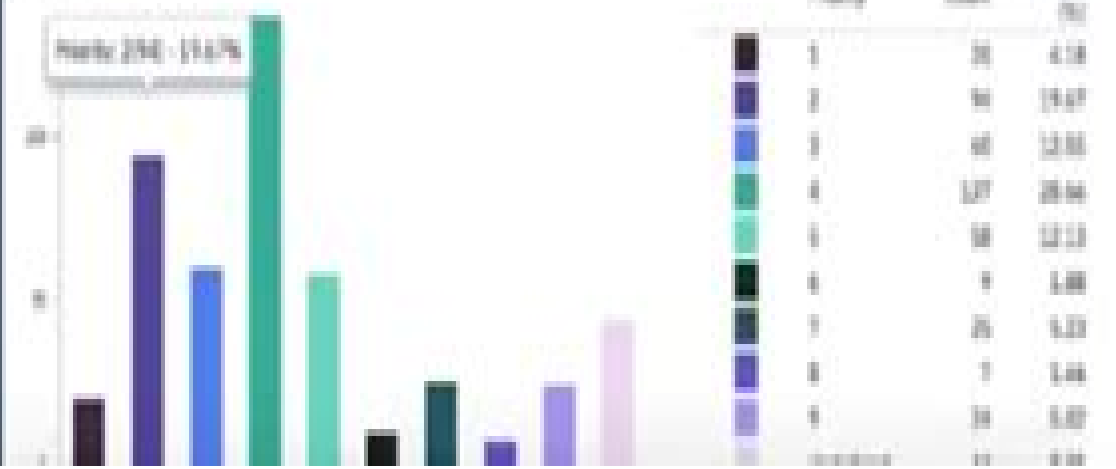
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Index	KPI	Actual	Target	Variance
1	Net Performance (%)	12.75	10	+2.75



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1. **Introduction**



Maximo 7 User Manual

RS Peters



Maximo 7 User Manual:

The Enigmatic Realm of **Maximo 7 User Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Maximo 7 User Manual** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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