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1. **Identify the main idea of the passage.**
 2. **Summarize the main idea in your own words.**
 3. **Identify the supporting details.**
 4. **Summarize the supporting details in your own words.**
 5. **Identify the conclusion of the passage.**
 6. **Summarize the conclusion in your own words.**

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...the ...

1. *Journal of the American Medical Association*, 2000; 283: 2689-2695.
 2. *Journal of the American Medical Association*, 2000; 283: 2696-2703.
 3. *Journal of the American Medical Association*, 2000; 283: 2704-2711.

1. **Identify the main topic of the passage.**
 2. **Identify the main purpose of the passage.**
 3. **Identify the main idea of the passage.**

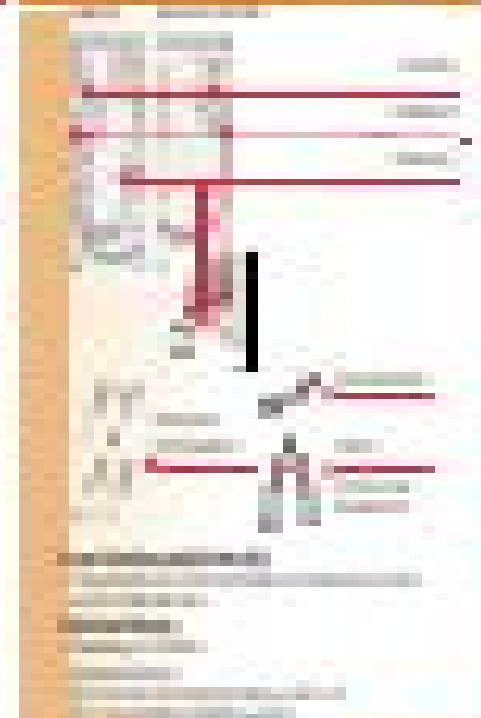
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Abstract

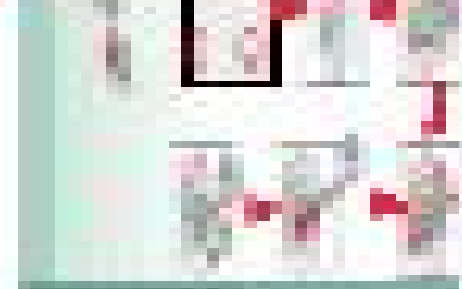
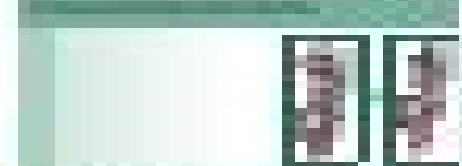
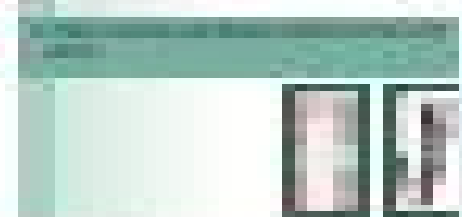
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1. **Identify the problem.** The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring.

Abstract

1. **Identify the main idea of the passage.**
 2. **Identify the supporting details.**
 3. **Identify the author's purpose.**
 4. **Identify the author's tone.**
 5. **Identify the author's point of view.**

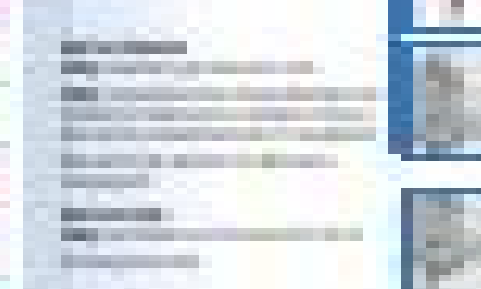
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1. **Identify the problem.** The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring.

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program had significantly lower body mass index (BMI), waist circumference, and blood pressure than the women in the control group at 12 weeks. The women in the walking program also had significantly lower levels of anxiety and depression than the women in the control group at 12 weeks. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



Dr. Richard A. Hays
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