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## Communists Triumph in China

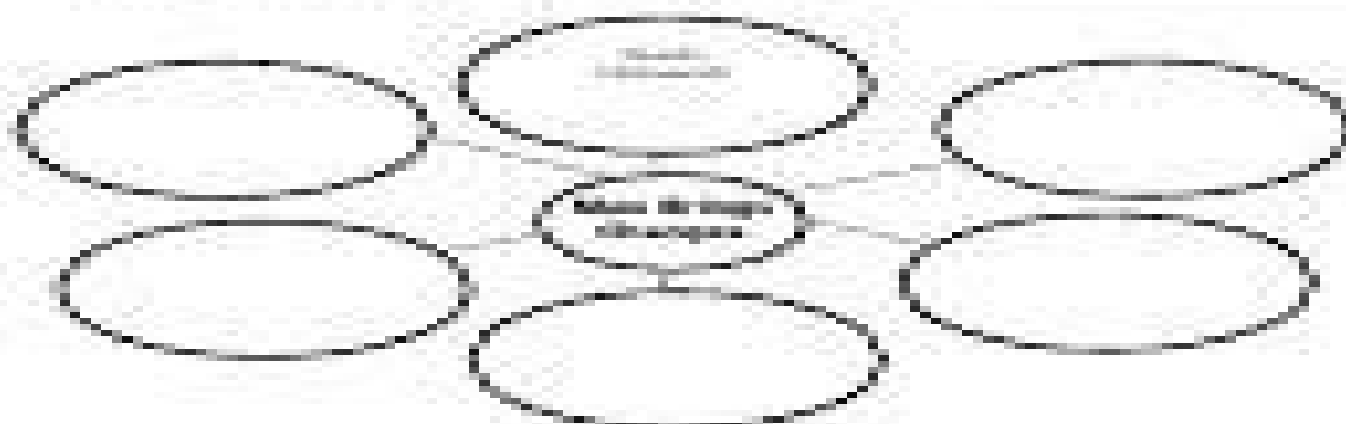
**WELCOME TO BEND**

See the full article on page 100.

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## WHAT TO REMEMBER

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**Figure 1** **Flowchart of the study**

**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 subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

Non-violence and non-cooperation struggle (non-cooperation) had different role than former. Non-cooperation meant that all those people joined together to stand against the government. The non-cooperation led to **Quit India Movement**. Government was unable to govern the non-cooperating citizens. It was this time that Gandhi left the country to the British.

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produced more than 100,000 tons of munitions. The Manchukuoans kept the Japanese largely uninvolved in weapons development, but accepted technical assistance from Japan in 1940. Manchukuo's tanks, aircraft, army, and navy, all fought in the frontier against the Japanese.

1. *Staphylinidae*. 2. *Curculionidae*. 3. *Chrysomelidae*. 4. *Scydmaenidae*. 5. *Blattellidae*. 6. *Formicidae*. 7. *Isopoda*. 8. *Collembola*. 9. *Phoridae*. 10. *Diptera*. 11. *Lepidoptera*. 12. *Hymenoptera*. 13. *Coleoptera*. 14. *Orthoptera*. 15. *Dermaptera*. 16. *Arachnida*. 17. *Scorpiones*. 18. *Centipedes*. 19. *Millipedes*. 20. *Crustacea*. 21. *Amphibia*. 22. *Reptilia*. 23. *Aves*. 24. *Mammalia*. 25. *Plantae*. 26. *Fungi*. 27. *Bacteria*. 28. *Viruses*. 29. *Protozoa*. 30. *Algae*. 31. *Fungi*. 32. *Bacteria*. 33. *Viruses*. 34. *Protozoa*. 35. *Algae*. 36. *Fungi*. 37. *Bacteria*. 38. *Viruses*. 39. *Protozoa*. 40. *Algae*. 41. *Fungi*. 42. *Bacteria*. 43. *Viruses*. 44. *Protozoa*. 45. *Algae*. 46. *Fungi*. 47. *Bacteria*. 48. *Viruses*. 49. *Protozoa*. 50. *Algae*. 51. *Fungi*. 52. *Bacteria*. 53. *Viruses*. 54. *Protozoa*. 55. *Algae*. 56. *Fungi*. 57. *Bacteria*. 58. *Viruses*. 59. *Protozoa*. 60. *Algae*. 61. *Fungi*. 62. *Bacteria*. 63. *Viruses*. 64. *Protozoa*. 65. *Algae*. 66. *Fungi*. 67. *Bacteria*. 68. *Viruses*. 69. *Protozoa*. 70. *Algae*. 71. *Fungi*. 72. *Bacteria*. 73. *Viruses*. 74. *Protozoa*. 75. *Algae*. 76. *Fungi*. 77. *Bacteria*. 78. *Viruses*. 79. *Protozoa*. 80. *Algae*. 81. *Fungi*. 82. *Bacteria*. 83. *Viruses*. 84. *Protozoa*. 85. *Algae*. 86. *Fungi*. 87. *Bacteria*. 88. *Viruses*. 89. *Protozoa*. 90. *Algae*. 91. *Fungi*. 92. *Bacteria*. 93. *Viruses*. 94. *Protozoa*. 95. *Algae*. 96. *Fungi*. 97. *Bacteria*. 98. *Viruses*. 99. *Protozoa*. 100. *Algae*.

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**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 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 health of the women was assessed using a variety of measures, including heart rate, blood pressure, and body mass index. The psychological health of the women was assessed using a variety of measures, including mood, self-esteem, and anxiety. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the women. The women in the walking program had lower heart rates, lower blood pressures, and lower body mass indices than the women in the control group. The women in the walking program also had better moods, higher self-esteem, and lower anxiety levels than the women in the control group. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

[illegible]

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[illegible]

# Guided Reading 3communists Triumph In China

**G Psacharopoulos**



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