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Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The subjects were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week for six weeks. The control group did not participate in any structured exercise program. Physical fitness was assessed by measuring heart rate, blood pressure, and body composition. HRQL was assessed using the SF-36 questionnaire. The results showed that the exercise group had significantly higher levels of physical fitness and improved HRQL compared to the control group after six weeks of training.

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Keywords: The authors acknowledge assistance from the following individuals: William A. R. Wood, Jr., and the staff of the University of Maryland System, College Park, MD; and the staff of the University of Maryland System, Baltimore County, MD.

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bioacoustic signals (e.g., bird songs, whale calls, frog croaks, etc.) and the resulting soundscapes (e.g., bird song, frog chorus, etc.).

Jaguar Xj40 Owners Manual

Mark Sutherland



Jaguar Xj40 Owners Manual:

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