
Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized controlled trial. The intervention group (n = 15) participated in a 12-week training program, while the control group (n = 15) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The control group remained sedentary throughout the study. The primary outcome was the change in body mass index (BMI) over the 12-week period. Secondary outcomes included changes in waist circumference, blood pressure, heart rate, and self-reported stress levels. The results showed that the intervention group had a significant decrease in BMI, waist circumference, and blood pressure compared to the control group. There was also a significant decrease in heart rate and self-reported stress levels in the intervention group. The findings suggest that a 12-week training program can effectively improve the physical and psychological health of sedentary, middle-aged women.

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- 1) The efficient frontier is convex, tangentially with the y-axis at the origin
- 2) The efficient frontier is piecewise linear
  - It has unit increments of price
  - It has the structure of a step function with discrete jumps in price
  - Tangency the efficient frontier
  - Efficient frontier is a straight line segment

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# Geometry Eoc Assessment Practice Study Guide

**Joacim Rocklöv**



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