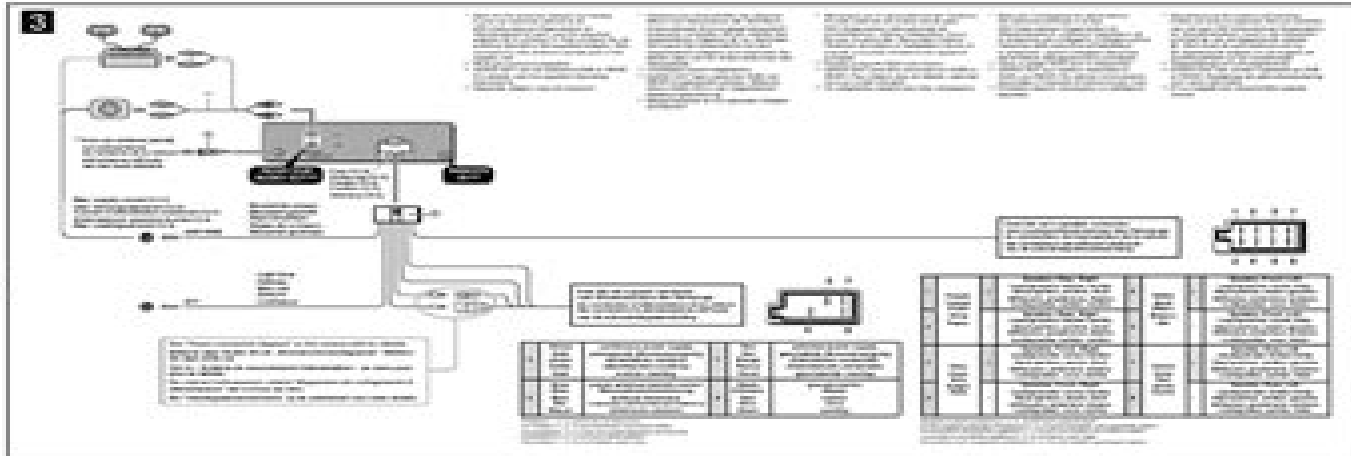


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Table 1

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1. **Wiederholung** (Repetition) ist die gezielte, mehrmalige Ausführung einer Übung, um die Muskulatur zu trainieren.
2. **Wiederholungsanzahl** (Repetitionen) ist die Anzahl der Wiederholungen, die in einer Übung durchgeführt werden.
3. **Wiederholungsintervall** (Repetitionenintervall) ist die Zeit, die zwischen zwei Wiederholungen einer Übung verläuft.
4. **Wiederholungszeit** (Repetitionenzeit) ist die Zeit, die für eine Wiederholung einer Übung benötigt wird.
5. **Wiederholungsrate** (Repetitionenrate) ist die Anzahl der Wiederholungen, die in einer bestimmten Zeit durchgeführt werden.

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Discussion

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Abstract **Background:** The purpose of this study was to determine the prevalence of self-reported depression and anxiety among a sample of young adults in the United States. **Methods:** Data were obtained from the 2004 National Longitudinal Study of Adolescent Health, a nationally representative sample of adolescents and young adults. **Results:** The prevalence of self-reported depression was 10.3% and the prevalence of self-reported anxiety was 11.2%. **Conclusions:** The prevalence of self-reported depression and anxiety among young adults in the United States is high. **Keywords:** Depression, Anxiety, Prevalence, Young Adults.

QUESTION I have a 1994 Ford Taurus with 100,000 miles. The car has been running fine for the last 10 years, but recently I have noticed a slight vibration when driving at 60 mph. The vibration is most noticeable in the front of the car. What could be the cause of this vibration?

ANSWER The vibration you are experiencing is most likely due to a problem with the front suspension or steering system. The most common causes of this type of vibration are worn shock absorbers, worn ball joints, or a bent steering arm. To diagnose the problem, you should have a professional mechanic inspect the front suspension and steering components. If the vibration is only present at 60 mph, it is likely a problem with the front suspension. If the vibration is present at all speeds, it is likely a problem with the steering system. Once the problem is diagnosed, the mechanic can recommend the appropriate repair.

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, at a pace of 3.0 to 3.5 miles per hour. The control group was instructed to continue with their current level of activity. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. 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 had a significant positive effect on 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 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

...the ...



1. **Introduction**
 2. **Background**
 3. **Methodology**
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STRENGTH—The ability to exert force against resistance.



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Sonī Kabushiki Kaisha



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