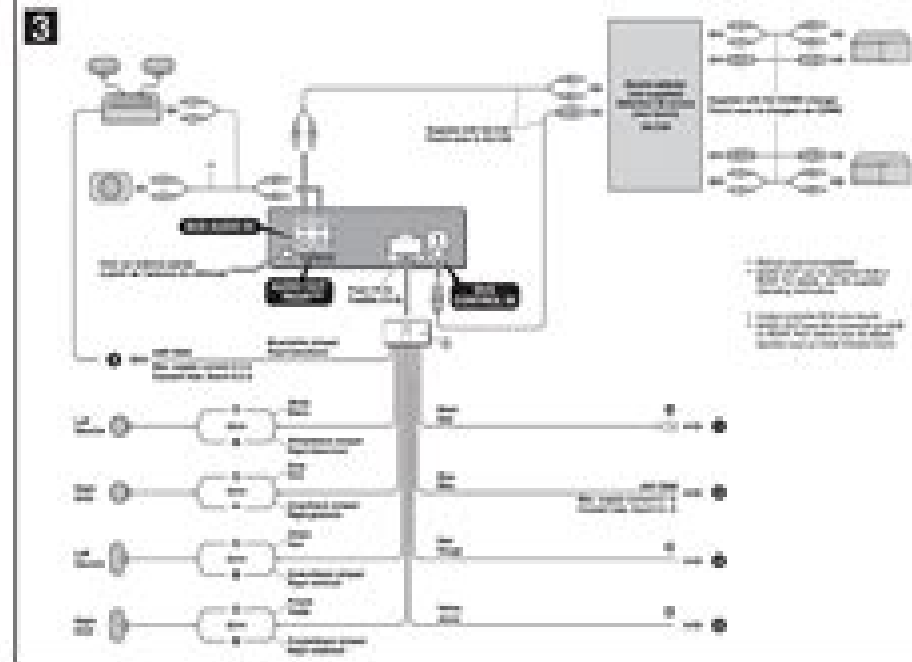
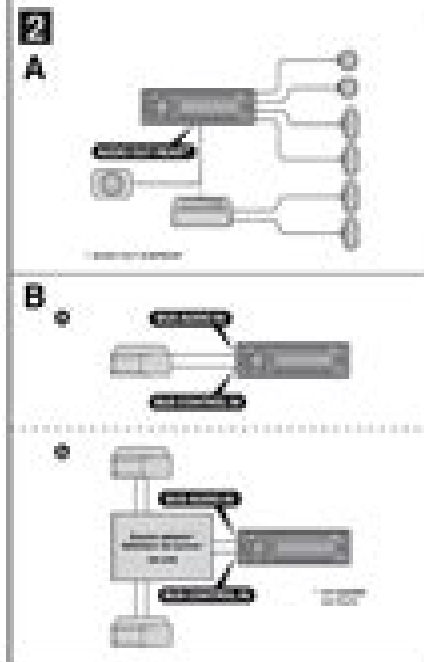


1. **Introduction**
 2. **Methodology**
 3. **Results**
 4. **Discussion**
 5. **Conclusion**

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Introduction

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Abstract—The purpose of this study was to determine the effect of a 10-week, 30-min, 3 times per week, low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The program was designed to improve cardiovascular fitness, muscular strength, and endurance. The program was evaluated using a pretest and posttest design. The results of the study showed that the program had a significant effect on the physical fitness of the women. The program improved cardiovascular fitness, muscular strength, and endurance. The program was well tolerated and the women enjoyed the program. The program was a successful intervention for improving the physical fitness of sedentary, middle-aged women.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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1. In a market equilibrium, the quantity demanded is equal to the quantity supplied.
→ $Q_D = Q_S$
2. In the market, whenever there is a shortage, the price will rise, leading to an increase in quantity supplied and a decrease in quantity demanded. As a result, the market will reach equilibrium.
→ $Q_D > Q_S$ → $P \uparrow$ → $Q_S \uparrow$ and $Q_D \downarrow$ → $Q_D = Q_S$
3. In the market, whenever there is a surplus, the price will fall, leading to a decrease in quantity supplied and an increase in quantity demanded. As a result, the market will reach equilibrium.
→ $Q_D < Q_S$ → $P \downarrow$ → $Q_S \downarrow$ and $Q_D \uparrow$ → $Q_D = Q_S$
4. In the market, if the price is set above the equilibrium price, there will be a surplus.
→ $P > P_{eq}$ → $Q_S > Q_D$ → Surplus
5. In the market, if the price is set below the equilibrium price, there will be a shortage.
→ $P < P_{eq}$ → $Q_D > Q_S$ → Shortage
6. In the market, if the price is set at the equilibrium price, there will be no surplus or shortage.
→ $P = P_{eq}$ → $Q_D = Q_S$ → Equilibrium

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Abstract

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- Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 10-week training program. The physical fitness of the children was measured at the beginning and at the end of the 10-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 10-week period compared to the control group. The body mass index of the children in the experimental group also increased significantly. These findings suggest that a 10-week training program can improve the physical fitness of 10-year-old children.



Keywords: *depression, mood, anxiety, self-esteem, self-efficacy, self-esteem, self-efficacy, self-esteem, self-efficacy*

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 - **Political:** ensure environmental protection is not sacrificed for economic growth
 - **Legal:** ensure that environmental protection is not sacrificed for economic growth
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 - **Environmental Management:** the process of identifying, assessing and controlling the environmental risks of an organization's activities
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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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