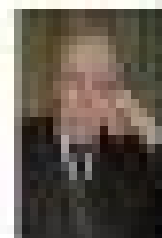


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Abstract—The authors examined the effects of a 12-week, low-intensity, low-impact aerobically based exercise program on the health-related quality of life of older adults with arthritis. The program was designed to improve cardiovascular fitness, muscle strength, and balance. The program was evaluated using a pretest-posttest design. The program was evaluated using a pretest-posttest design. The program was evaluated using a pretest-posttest design.



Abstract



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О едином механике структурообразования системы Земли

Figure 1's illustrations are based on previous work by the author and his colleagues, and are not intended to represent any particular study. The illustrations are intended to provide a general overview of the research in this area.



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