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1. ☐ **1. Introduction**
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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 supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. 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.

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



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1. **Introduction**
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*Values apply to the specific sewing sizes listed for each Size.

Vegetables					
Vegetable	Vegetable type	Vegetable weight (kg)	Vegetable weight (kg)	Vegetable weight (kg)	Vegetable weight (kg)
Asparagus	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Artichokes	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Avocado	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Beetroot	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Broccoli	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Brussels sprouts	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Cauliflower	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Corn	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Cucumber	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Eggplant	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Fennel	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Garlic	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Green beans	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Kale	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Kidney beans	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Lentils	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Onions	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Parsnips	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Peas	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Potatoes	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Spinach	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Sweet potatoes	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Tomatoes	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Turnips	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Vegetables	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Winter squash	100 g (3.5 oz)	0.04	0.15	0.05	0.05
Zucchini	100 g (3.5 oz)	0.04	0.15	0.05	0.05



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and beans, with fruiting off &
some greenery under grow.



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Customer Feedback Meeting
 Feedback collected from customers is used to improve the product and service.



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Item	Unit	Price	Quantity	Total
1. Chicken	1 kg	1200	1	1200
2. Beef	1 kg	1500	1	1500
3. Pork	1 kg	1000	1	1000
4. Fish	1 kg	800	1	800
5. Eggs	1 dozen	150	1	150
6. Rice	1 kg	500	1	500
7. Oil	1 liter	300	1	300
8. Spices	1 kg	200	1	200
9. Vegetables	1 kg	100	1	100
10. Fruits	1 kg	120	1	120
11. Bread	1 kg	80	1	80
12. Sugar	1 kg	100	1	100
13. Tea	1 kg	150	1	150
14. Coffee	1 kg	200	1	200
15. Alcohol	1 liter	500	1	500
16. Cigarettes	1 pack	100	1	100
17. Soap	1 kg	50	1	50
18. Paper	1 kg	100	1	100
19. Plastic	1 kg	120	1	120
20. Glass	1 kg	150	1	150
21. Metal	1 kg	200	1	200
22. Wood	1 kg	300	1	300
23. Stone	1 kg	400	1	400
24. Clay	1 kg	500	1	500
25. Leather	1 kg	600	1	600
26. Rubber	1 kg	700	1	700
27. Glass	1 kg	800	1	800
28. Metal	1 kg	900	1	900
29. Wood	1 kg	1000	1	1000
30. Stone	1 kg	1100	1	1100
31. Clay	1 kg	1200	1	1200
32. Leather	1 kg	1300	1	1300
33. Rubber	1 kg	1400	1	1400
34. Glass	1 kg	1500	1	1500
35. Metal	1 kg	1600	1	1600
36. Wood	1 kg	1700	1	1700
37. Stone	1 kg	1800	1	1800
38. Clay	1 kg	1900	1	1900
39. Leather	1 kg	2000	1	2000
40. Rubber	1 kg	2100	1	2100
41. Glass	1 kg	2200	1	2200
42. Metal	1 kg	2300	1	2300
43. Wood	1 kg	2400	1	2400
44. Stone	1 kg	2500	1	2500
45. Clay	1 kg	2600	1	2600
46. Leather	1 kg	2700	1	2700
47. Rubber	1 kg	2800	1	2800
48. Glass	1 kg	2900	1	2900
49. Metal	1 kg	3000	1	3000
50. Wood	1 kg	3100	1	3100
51. Stone	1 kg	3200	1	3200
52. Clay	1 kg	3300	1	3300
53. Leather	1 kg	3400	1	3400
54. Rubber	1 kg	3500	1	3500
55. Glass	1 kg	3600	1	3600
56. Metal	1 kg	3700	1	3700
57. Wood	1 kg	3800	1	3800
58. Stone	1 kg	3900	1	3900
59. Clay	1 kg	4000	1	4000
60. Leather	1 kg	4100	1	4100
61. Rubber	1 kg	4200	1	4200
62. Glass	1 kg	4300	1	4300
63. Metal	1 kg	4400	1	4400
64. Wood	1 kg	4500	1	4500
65. Stone	1 kg	4600	1	4600
66. Clay	1 kg	4700	1	4700
67. Leather	1 kg	4800	1	4800
68. Rubber	1 kg	4900	1	4900
69. Glass	1 kg	5000	1	5000
70. Metal	1 kg	5100	1	5100
71. Wood	1 kg	5200	1	5200
72. Stone	1 kg	5300	1	5300
73. Clay	1 kg	5400	1	5400
74. Leather	1 kg	5500	1	5500
75. Rubber	1 kg	5600	1	5600
76. Glass	1 kg	5700	1	5700
77. Metal	1 kg	5800	1	5800
78. Wood	1 kg	5900	1	5900
79. Stone	1 kg	6000	1	6

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