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 3. **Methodology**
 4. **Results**
 5. **Conclusion**
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1. **Identify the main topic of the text.**
 2. **Summarize the main points of the text.**
 3. **Identify the author's purpose.**
 4. **Identify the target audience.**
 5. **Identify the main argument.**
 6. **Identify the supporting evidence.**
 7. **Identify the conclusion.**
 8. **Identify the main theme.**
 9. **Identify the main message.**
 10. **Identify the main idea.**

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 2. *Journal of Management Studies*, 1997, 34, 2, 1-14.
 3. *Journal of Management Studies*, 1997, 34, 3, 1-14.
 4. *Journal of Management Studies*, 1997, 34, 4, 1-14.

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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 physical and psychological health of the women in the walking program was measured at baseline and at 12 weeks. The physical health measures included heart rate, blood pressure, and body mass index. The psychological health measures included self-esteem, anxiety, and depression. The results of the study showed that the women in the walking program had significantly lower heart rates, blood pressures, and body mass indices at 12 weeks compared to the control group. Additionally, the women in the walking program had significantly higher self-esteem, lower anxiety, and lower depression at 12 weeks compared to the control group. 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.

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the 1990s, the number of people in the United States who are obese has increased by 50 percent. In 1990, 15 percent of the population was obese; in 2000, 23 percent was obese. In 2008, the prevalence of obesity in the United States was 33.9 percent, according to the Centers for Disease Control and Prevention. The prevalence of obesity in the United States is now higher than in any other country in the world.

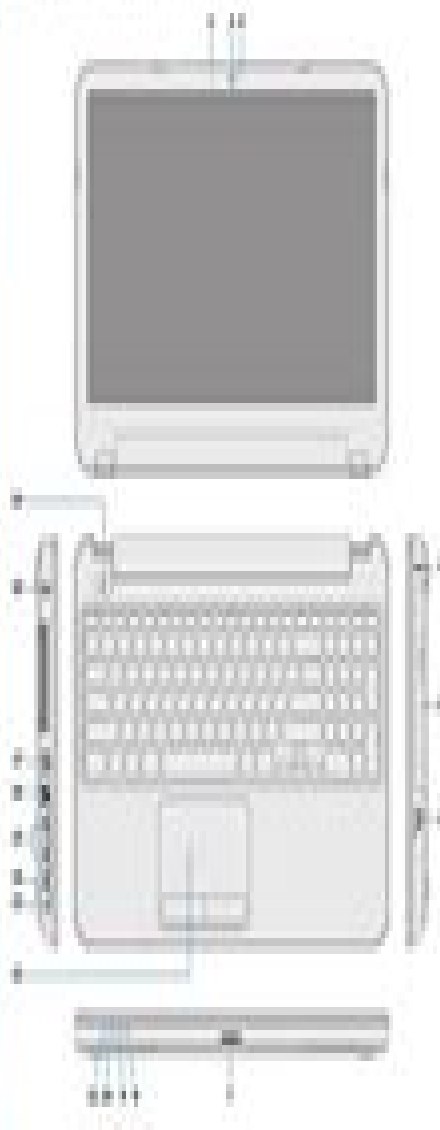


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John Ross, Kelly L. Murdock



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