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[illegible][illegible][illegible][illegible]

STUDIO DI UNO SCAMBIO DI MATERIALE
tra i paesi del Sud-Est asiatico
di **Y. KAWANO**
di **Y. KAWANO** e **Y. KAWANO**
di **Y. KAWANO** e **Y. KAWANO**

[illegible][illegible]

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 intervention group consisted of 20 women who participated in a supervised walking program, 3 times per week, for 12 weeks. The control group consisted of 20 women who did not participate in the program. The primary outcome was the change in the physical and psychological health of the women in the intervention group compared with the control group. The secondary outcome was the change in the physical and psychological health of the women in the intervention group compared with the control group. The results of the study showed that the women in the intervention group had a significant improvement in physical and psychological health compared with the control group. The women in the intervention group had a significant increase in physical activity, a significant decrease in body mass index, and a significant decrease in anxiety and depression. The women in the intervention group also had a significant increase in self-esteem and a significant decrease in stress. The results of the study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

[illegible][illegible]

1. *Staphylococcus aureus* (10⁸ c.f.u./g)
2. *Staphylococcus aureus* (10⁷ c.f.u./g)
3. *Staphylococcus aureus* (10⁶ c.f.u./g)
4. *Staphylococcus aureus* (10⁵ c.f.u./g)
5. *Staphylococcus aureus* (10⁴ c.f.u./g)
6. *Staphylococcus aureus* (10³ c.f.u./g)
7. *Staphylococcus aureus* (10² c.f.u./g)
8. *Staphylococcus aureus* (10¹ c.f.u./g)
9. *Staphylococcus aureus* (10⁰ c.f.u./g)
10. *Staphylococcus aureus* (10⁻¹ c.f.u./g)

[illegible]

Figure 1 The effect of the concentration of the solution on the rate of the reaction. The reaction was carried out at 25°C in 0.1 M HCl. The concentration of the solution was varied from 0.01 to 0.1 M. The rate of the reaction was measured by the change in the absorbance of the solution at 440 nm. The data were fitted to a linear plot of $\ln(A_0/A_t)$ versus time, and the slope of the line was determined. The rate constant k was calculated from the slope of the line. The error bars represent the standard deviation of the data.

Concentration of the solution (M)	Rate constant k (s ⁻¹)
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0.02	0.0024
0.05	0.0060
0.1	0.0120

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