



KEYWORDS: child abuse; child sexual abuse; child sexual exploitation; child sexual abuse investigation; child sexual abuse assessment

10

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As mentioned in the introduction, the model is based on the assumption that the system is in a steady state. This is a reasonable assumption for the system as a whole, but it may not be valid for individual components. For example, the system may be in a steady state, but the components may be in a transient state. This is a limitation of the model, and it should be kept in mind when interpreting the results.

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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to a 12-week training program (n = 20) or a control group (n = 20). The training program consisted of three sessions per week, each lasting 30 minutes. The control group did not participate in any training. The subjects were assessed at baseline and at 12 weeks. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. The secondary outcome was the change in physical fitness, measured using a 6-minute walk test. The results showed that the training program had a significant positive effect on HRQL and physical fitness. The subjects in the training group showed a significant increase in HRQL scores and a significant increase in the distance walked in the 6-minute walk test. The subjects in the control group showed no significant change in HRQL scores and no significant change in the distance walked in the 6-minute walk test. The results suggest that a 12-week training program can improve HRQL and physical fitness in sedentary, middle-aged women.

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CONCLUSIONS

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1. Introduction

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