



NÚMERO RUC:	1791320100001
RAZÓN SOCIAL:	CORPORACION LATINOAMERICANA SIDERCEP SA. LTDA
NOMBRE COMERCIAL:	SIDERCEP SA. LTDA
CLASE CONTRIBUYENTE:	OTRO
REPRESENTANTE LEGAL:	GABRIELA GUERRERO RUIZ
CONTACTO:	RODRIGO GUERRERO RUIZ

FEEL INTO ACTIVATION	19/07/1988	FEEL CONSTRUCTION	19/07/1988
FEEL ACTIVATION	20/07/1988	FEEL DE ACTIVATION	17/08/1988

2007-2008

VERTICAL FORMATION OF ZONATION OF MARIPALMITE ON ROCK SURFACES

References

Reseller POKOK SAJAH Cardex di Etna, Parque, MACAO SARJE BENTA BODIA CIMA, PAVILION 4 CIMA, SUN BUNGLO
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- * ANEXO ECONOMÍAS PARTICIPES SOCIO MEMBROS DEL DIRECTORIO Y ADMINISTRACIÓN
- * ANEXO RELACION DEPENDENCIA
- * ANEXO TRANSACCIONAL EMPUNDO
- * DECLARACION DE INGRESOS A LA RENTA SOCIEDADES
- * DECLARACION DE RETENCIONES EN LA FUENTE
- * DECLARACION MENSUAL DE IVA
- * IMPUESTO A LA PROPIEDAD DE VEHICULOS MOTORIZADOS

REGISTRATION	REPORT #	DATE	AIRPORT	
1 REG-DIVL NORTH PACIFIC			CERAMON	-


JAMES M. SMITH, JR.

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 measurements of weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements 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 weight, BMI, waist circumference, and blood pressure. It also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group showed no significant changes in any of the measured variables. 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.

Declaro que los datos suministrados en esta declaración son veraces y ciertos, por lo tanto, acepto la responsabilidad legal de ello en
virtud del D. Código Penal, Art. 214 del mismo, y del D. Reglamento para la Ejecución de la Ley del Notario.

Year	Number of cases
1990	10
1991	15
1992	20
1993	25
1994	30
1995	35
1996	40
1997	45
1998	50
1999	55
2000	60
2001	65
2002	70
2003	75
2004	80
2005	85
2006	90
2007	95
2008	100
2009	105
2010	110
2011	115
2012	120
2013	125
2014	130
2015	135
2016	140
2017	145
2018	150
2019	155
2020	160
2021	165
2022	170
2023	175
2024	180
2025	185
2026	190
2027	195
2028	200
2029	205
2030	210

Ungar, M. 1994. *How to Grow a Good Book*. New York: Basic Books.
