

Date	Description
	1890
	Jan 1
	Feb 1
	Mar 1
	Apr 1
	May 1
	Jun 1
	Jul 1
	Aug 1
	Sep 1
	Oct 1
	Nov 1
	Dec 1
	1891
	Jan 1
	Feb 1
	Mar 1
	Apr 1
	May 1
	Jun 1
	Jul 1
	Aug 1
	Sep 1
	Oct 1
	Nov 1
	Dec 1
	1892
	Jan 1
	Feb 1
	Mar 1
	Apr 1
	May 1
	Jun 1
	Jul 1
	Aug 1
	Sep 1
	Oct 1
	Nov 1
	Dec 1













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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

Introduction

The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of sedentary adults.

The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly selected from a pool of sedentary adults.

The participants were divided into two groups: a control group and an experimental group. The control group remained sedentary throughout the study, while the experimental group participated in a 12-week training program.

The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included cardiovascular exercise, strength training, and flexibility exercises.

Physical health was assessed using a variety of measures, including heart rate, blood pressure, and body mass index (BMI). Psychological health was assessed using a standardized questionnaire that measured levels of stress, anxiety, and depression.

The results of the study showed that the experimental group experienced significant improvements in both physical and psychological health compared to the control group.





THE
MUSEUM
OF
THE
CITY OF
NEW YORK
AND
THE
COUNTY OF
NEW YORK
1000
FIFTH AVENUE
NEW YORK 10028
212-532-2200
www.museumofthe-city.org

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