

[illegible][illegible]

Abstract The purpose of this study was to determine the effect of a 12-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects were randomly assigned to either the exercise or control group. The exercise group performed a 12-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program. The control group performed no exercise. The primary outcome was the change in the physical fitness and health-related quality of life. The secondary outcome was the change in the body composition. The results showed that the exercise group had a significant improvement in the physical fitness and health-related quality of life compared to the control group. The exercise group also had a significant improvement in the body composition. The results suggest that a 12-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program can improve the physical fitness and health-related quality of life of sedentary, middle-aged, obese women.

Le montant de la dette (en millions d'euros)	
2007	2008
12 770	52 466
13 725	145 240
20 742	48 712
24 406	1 591

[illegible]

At 1st of September	
1971	1972
5,435	1,264
120,579	266,423
1,297	1,269
127,881	267,692

At 90 cm (standing)

2000	2005
121.285	96.253
<u>1.2000</u>	<u>1.1100</u>
122.485	97.363

At 30 de martie 2010	
2010	2009
5.116	3.796
6.289	5.289
15.405	13.279
8.966	5.551

Prepared on 11-08-09

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24. Capital Assets

See accompanying notes to financial statements

	2015	2014
Land	1,000,000	1,000,000
Buildings	1,000,000	1,000,000
Equipment	1,000,000	1,000,000
Infrastructure	1,000,000	1,000,000
Other	1,000,000	1,000,000
Total	5,000,000	5,000,000

25. Capital Assets

See accompanying notes to financial statements

	2015	2014
Land	1,000,000	1,000,000
Buildings	1,000,000	1,000,000
Equipment	1,000,000	1,000,000
Infrastructure	1,000,000	1,000,000
Other	1,000,000	1,000,000
Total	5,000,000	5,000,000

26. Capital Assets

See accompanying notes to financial statements

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	2015	2014
Land	1,000,000	1,000,000
Buildings	1,000,000	1,000,000
Equipment	1,000,000	1,000,000
Infrastructure	1,000,000	1,000,000
Other	1,000,000	1,000,000
Total	5,000,000	5,000,000

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