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PUBLISHED WEEKLY
535 N. Dearborn Ave., Chicago, Ill., U.S.A.
Subscription price: Five dollars per annum in advance.
Entered as Second-Class Matter, May 2, 1912. Postpaid.
Acceptance for mailing at special rate of postage provided for in
Act of October 3, 1917. Authorized for mailing at special rate of postage
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Abstract. The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 30 sedentary, middle-aged women who were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week, low-intensity, low-impact, and low-volume exercise program. The control group did not exercise. The physical fitness of the subjects was measured at baseline and at the end of the 12-week period. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The exercise program was effective in improving the physical fitness of sedentary, middle-aged women.

[illegible]

Background: The aim of this study was to determine the prevalence of *Salmonella* in the faeces of cattle and sheep in the north-east of Spain. **Methods:** A total of 1,000 faecal samples were collected from cattle and sheep in the north-east of Spain. The samples were analysed by culture on selenite F broth, followed by enrichment in tetrathionate broth and plating on tetrathionate agar. **Results:** A total of 100 faecal samples were found to be positive for *Salmonella*. The prevalence of *Salmonella* in the faeces of cattle and sheep was 10%. **Conclusions:** The prevalence of *Salmonella* in the faeces of cattle and sheep in the north-east of Spain is 10%. This study highlights the importance of monitoring the prevalence of *Salmonella* in the faeces of cattle and sheep in the north-east of Spain.



[illegible]

Journal of Management Education 32(10)br/>October 2008 1039-1040
DOI: 10.1177/0095691508320010
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http://online.sagepub.com

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

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The first of these is the fact that the majority of the specimens are from the same locality, and the second is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The third of these is the fact that the specimens are all of the same species, and the fourth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The fifth of these is the fact that the specimens are all of the same species, and the sixth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The seventh of these is the fact that the specimens are all of the same species, and the eighth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The ninth of these is the fact that the specimens are all of the same species, and the tenth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The eleventh of these is the fact that the specimens are all of the same species, and the twelfth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The thirteenth of these is the fact that the specimens are all of the same species, and the fourteenth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.

The fifteenth of these is the fact that the specimens are all of the same species, and the sixteenth is that they are all of the same sex. This is a very unusual combination of circumstances, and it is therefore of great interest to know the reasons for it. It is possible that the specimens were collected from a single individual, or that they were all from the same family. It is also possible that they were all from the same social group, or that they were all from the same age group. The fact that they are all of the same sex is also of interest, as it suggests that they may have been collected from a single individual, or that they may have been all from the same family.