

WhiteBalance

XL-1/2

Wednesday, 01 July 2009 10:58 - Last Updated Friday, 17 July 2009 15:29

[illegible][illegible]

2 / 7

“ ”

“ ”

“ ”

{pub} [Please Login to read more](#) ... {/pub} {reg}**

(CCD Scanning)

Progressive CCD

Written by Administrator

Wednesday, 01 July 2009 10:58 - Last Updated Friday, 17 July 2009 15:29

[illegible][illegible]

Wednesday, 01 July 2009 10:58 - Last Updated Friday, 17 July 2009 15:29

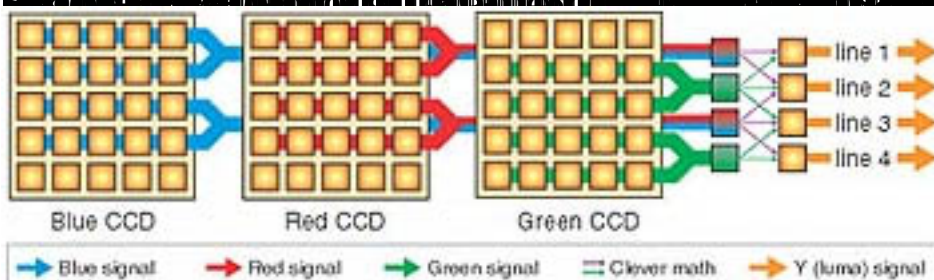
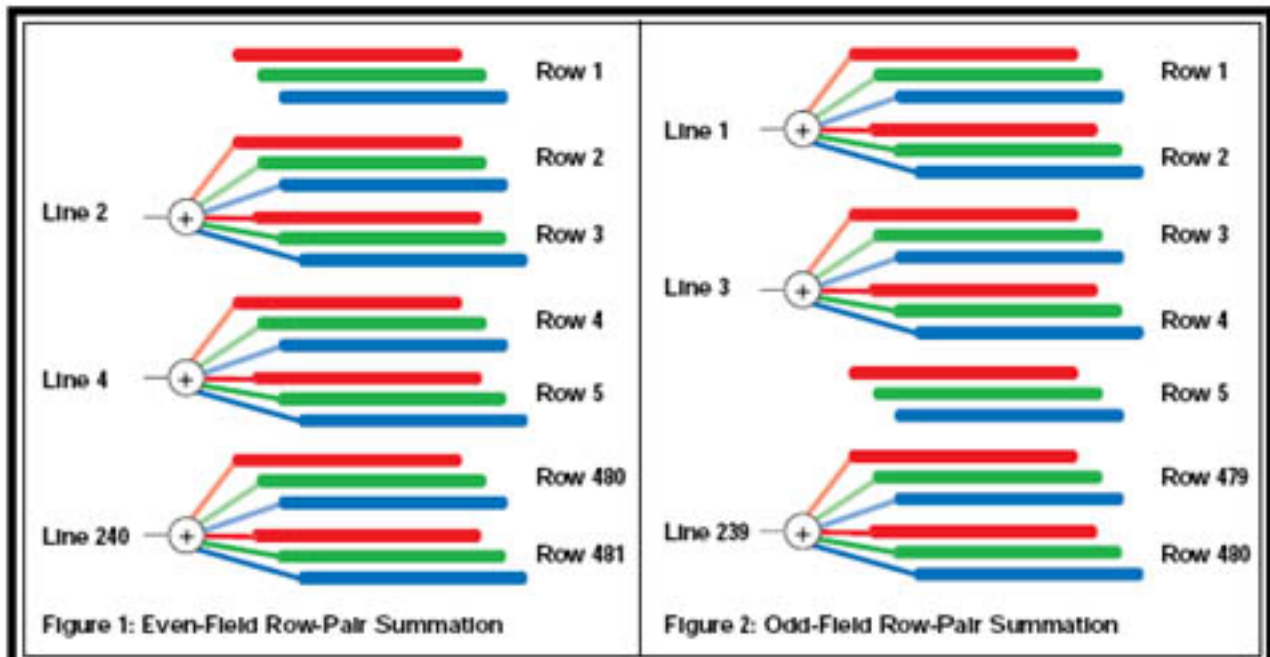
[illegible]

Abstract The purpose of this study was to determine the effect of a 12-week, 3-day-per-week, 100-min-per-session, low-impact aerobically demanding dance program on the health-related fitness of 100 sedentary, middle-aged women. The program was designed to be fun and enjoyable, and to include a variety of dance styles, including ballroom, Latin, and contemporary. The program was evaluated using a pretest and posttest design. The results of the study showed that the program had a significant positive effect on the health-related fitness of the women. The women who participated in the program showed significant improvements in cardiovascular fitness, muscular strength, and body composition. The program was also found to be enjoyable and socially beneficial. The results of this study suggest that a low-impact aerobically demanding dance program can be an effective means of improving the health-related fitness of sedentary, middle-aged women.

Progressive CCD

Written by Administrator

Wednesday, 01 July 2009 10:58 - Last Updated Friday, 17 July 2009 15:29



Advanced Spatial Offset Technology

Horizontal and Vertical Offset Spatial Technology

