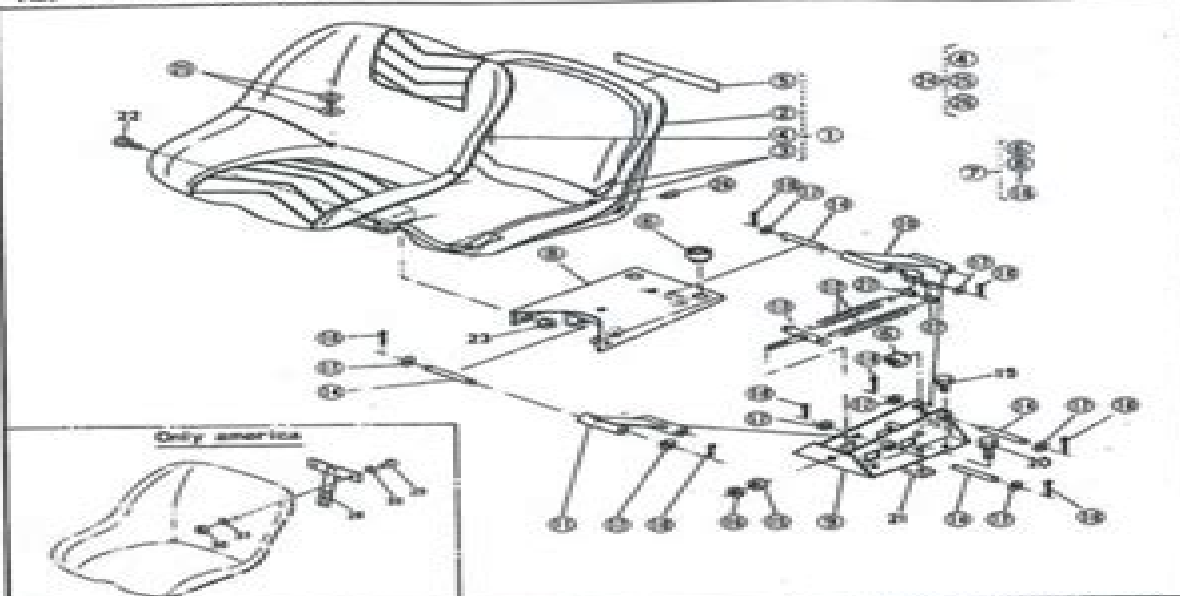


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RECEIVED: JULY 1978; REVISED: 1979-08  
 FINAL MANUSCRIPT: 1979-09-10  
 ACCEPTED FOR PUBLICATION: 1979-10-15

[illegible]

**Abstract.** The purpose of this study was to determine the effect of a 10-week, 100-hr, 100-mile, 100-lb. weight loss program on the body composition and physical fitness of 100 obese women. The program was designed to be a total lifestyle change, including diet, exercise, and behavior modification. The program was evaluated using a pre-test and post-test design. The results of the study showed that the program was effective in reducing body weight, body fat, and body mass index. The program also resulted in improvements in physical fitness, including increases in aerobic capacity, muscular strength, and flexibility. The program was well tolerated and the participants reported a high level of satisfaction. The results of this study suggest that a 10-week, 100-hr, 100-mile, 100-lb. weight loss program is an effective intervention for obese women.

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