



# KUBOTA TRACTOR

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



**Abstract**



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**FIGURE 1**

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<sup>12</sup> To address the issue, we estimated the model for each country separately. The results are available from the author upon request.

As noted earlier, the 1990s witnessed a dramatic rise in the number of people who were employed in the service sector. This was particularly true in the United States, where the service sector grew from 55% of the economy in 1970 to 70% in 1990. This growth was driven by a number of factors, including the increasing demand for services, the growth of the service sector, and the increasing demand for services.

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# Kubota 3000 Service Manual

**Wolfgang Maasberg**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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