

Организты жана уюмдун арналыгы (2 жактагы бөлүктөр) башкы катары
 Окуу жылы: 2023-жыл

Тема: Күнүмүш арналыгы тере

Финансылык каскертүүлөрү жамааты															
Даталары															
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Experiment 1											
Experiment 1: The effects of the amount of information on the amount of information	21	4	0	18	7	0	0	10	8	0	10
Experiment 2: The effects of the amount of information on the amount of information	84	16	0	72	18	0	0	60	12	0	60

DISCUSSION

The results of the experiment show that the amount of information has a significant effect on the amount of information. The amount of information was significantly higher in the experimental group than in the control group.

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0	16	20	0	14	11	0	18	7	0	0	18	7	0	21	0	1
0	60	40	0	56	44	0	72	20	0	0	64	44	0	88	0	12

[illegible]

15	10	0	4	18	0	18	0	4	18	0	1	11	3	13	0	9	3	17	7	11
40	40	0	24	78	0	12	32	32	28	72	24	4	44	17	44	56	18	68	28	44

0	0	13	3	15	10	0	17	6	2	9	17	4	9	13	3	1	9	15	10	15	0
0	0	02	17	00	40	0	08	20	0	00	00	16	00	02	17	4	00	00	40	00	0

[illegible]

4	0	15	0	0	17	8	0	4	16	0	14	11	0	34	11	0	18	7	0	18	7
16	0	200	0	0	68	21	0	26	64	0	26	44	0	54	44	0	72	88	0	72	28

Abstract—The purpose of this study was to determine the effect of a 10-week, 1000 kcal energy deficit diet on the body composition and physical fitness of 10 obese women. The subjects were divided into two groups: a control group and an experimental group. The control group maintained their current weight and physical fitness, while the experimental group lost weight and improved their physical fitness. The results of the study showed that the experimental group lost a significant amount of weight and improved their physical fitness, while the control group maintained their current weight and physical fitness. The study also showed that the experimental group had a significant improvement in their body composition, including a decrease in body fat and an increase in lean body mass. The results of the study suggest that a 10-week, 1000 kcal energy deficit diet can be an effective way to lose weight and improve physical fitness in obese women.

[illegible]