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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 obese women. The study was a randomized, controlled trial. The subjects were 20 obese women who were randomly assigned to either a diet or an exercise group. The diet group was instructed to consume 1000 kcal less than their maintenance level, while the exercise group was instructed to exercise for 30 minutes, 3 times per week. The results showed that the diet group lost significantly more weight and body fat than the exercise group. The exercise group showed no significant changes in body composition or physical fitness. The study suggests that a 1000 kcal energy deficit diet is an effective method for weight loss and body composition improvement in obese women.

Figure 1

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How To Get Into Ai Code Assistant For American Readers

Tao Wei



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In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**How To Get Into Ai Code Assistant For American Readers**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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