

TAVU SLUDINĀJUMU LASĪS
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Laimīgā Programma



4. lpp.

Leva Bondare:
"Ja mamma
to varēja,
arī es varu"



5. lpp.

Rēzija Kalniņa:
"Tikai es pati
zinu, kur es eju"



Akcijas 2. un 3. lpp.



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ārstē no alkoholisma
pēc A. Dovženko
metodes.**

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Elza Leimane-Martinova: "Mammai vienmēr ir taisnība"



Elza Leimane-Martinova ir viena no populārākajām latviešu dziedātājām. Tās ir divas sievietes, kas ir kļuvušas par mūsu kultūras ikonu. Elza Leimane-Martinova ir dzimusi 1958. gada 1. oktobrī Rīgā. Tās ir divas sievietes, kas ir kļuvušas par mūsu kultūras ikonu. Elza Leimane-Martinova ir dzimusi 1958. gada 1. oktobrī Rīgā. Tās ir divas sievietes, kas ir kļuvušas par mūsu kultūras ikonu.

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Ieva Bondare: "Ja mamma to varēja, arī es varu"

Ieva Bondare ir dzimusi 1990. gada 1. oktobrī Rīgā. Tās ir divas sievietes, kas ir kļuvušas par mūsu kultūras ikonu. Ieva Bondare ir dzimusi 1990. gada 1. oktobrī Rīgā. Tās ir divas sievietes, kas ir kļuvušas par mūsu kultūras ikonu.

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The subjects were 15 young women (mean age 20.5 years) who participated in a 12-week training program. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second session was a strength training program, and the third session was a cardiovascular endurance program. The subjects were tested at the beginning and at the end of the training program. The results showed that the subjects had a significant increase in their physical and psychological characteristics after the 12-week training program. The subjects had a significant increase in their maximum heart rate, maximum oxygen consumption, maximum power, and maximum force. The subjects also had a significant decrease in their resting heart rate, resting oxygen consumption, and resting power. The subjects had a significant increase in their psychological characteristics, including self-esteem, self-efficacy, and perceived exertion. The results of this study suggest that a 12-week training program can improve the physical and psychological characteristics of young women.

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary, middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a control group (n=10) or a training group (n=10). The training group participated in a 12-week program of aerobic exercise, three times per week, for 45 minutes per session. The control group did not participate in any exercise program. Physical fitness was assessed at baseline and at 12 weeks using a variety of tests, including a maximal aerobic capacity test, a submaximal aerobic capacity test, and a resting heart rate test. Health was assessed at baseline and at 12 weeks using a variety of tests, including a blood pressure test, a cholesterol test, and a glucose test. The results of the study showed that the training group had significantly higher levels of physical fitness and health than the control group at 12 weeks. The training group had a significantly higher maximal aerobic capacity, a significantly higher submaximal aerobic capacity, and a significantly lower resting heart rate than the control group. The training group also had significantly lower blood pressure, cholesterol, and glucose levels than the control group. These results suggest that a 12-week training program can improve the physical fitness and health of sedentary, middle-aged men.

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NTV Mini is a new line of mini-PCs that are designed to be used in a variety of applications. The line includes the NTV Mini 100, which is a compact PC that can be used as a desktop or a laptop. The NTV Mini 100 is available in two configurations: one with a 1.6GHz processor and 1GB of RAM, and another with a 2.0GHz processor and 2GB of RAM. The NTV Mini 100 is also available with a 15-inch or a 17-inch display. The NTV Mini 100 is a great choice for anyone who needs a compact PC that can be used in a variety of applications.

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RADIO

Figure 1 consists of four vertically stacked panels, labeled (a) through (d). Each panel shows a plot of the probability distribution $P(x)$ versus x . The x-axis for all panels ranges from 0 to 10, and the y-axis ranges from 0 to 0.04. Panel (a) is for $\alpha = 0.5$ and shows a broad, low peak around $x = 5$. Panel (b) is for $\alpha = 0.7$ and shows a slightly narrower and taller peak. Panel (c) is for $\alpha = 0.9$ and shows a much narrower and taller peak. Panel (d) is for $\alpha = 1.0$ and shows the narrowest and tallest peak, which is very sharply centered around $x = 5$.

SPED-100

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of 30 minutes of aerobic exercise at 60% of maximum HR. The control group did not exercise. The HR and EE were measured at rest and during exercise at 60% of maximum HR. The HR and EE were significantly higher in the training group than in the control group at rest and during exercise. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

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Abstract

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical activity during the 12-week period, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 12-week period compared to the control group. The body mass index of the children in both groups did not change significantly during the 12-week period. The study suggests that a 12-week training program can improve the physical fitness of 10-year-old children.

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Keywords: child sexual abuse; disclosure; legal system; victimization

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 physical and psychological health of the subjects was 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 significantly improved the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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harmoniski
un ar prieku!**

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Arī ārsta tēva veselība

48 stāstus par veselību

Arī ārsta tēva veselība

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ASINI PRATO

KRISTVANDU NIKLA

ASINI

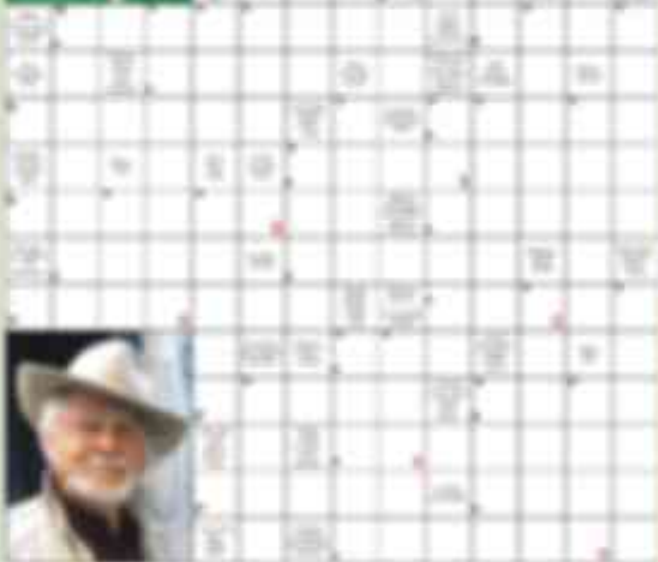
Il primo asino di Prato è stato fotografato nel 1870. Si trattava di un asino di razza, con la testa e le zampe nere, e il corpo bianco. Era molto grande e forte, e veniva utilizzato per il trasporto di merci e persone. In seguito, l'asino è diventato sempre più piccolo e debole, fino a diventare un animale domestico. Oggi, l'asino di Prato è considerato una razza in via di estinzione.

ASINI

Il secondo asino di Prato è stato fotografato nel 1900. Si trattava di un asino di razza, con la testa e le zampe nere, e il corpo bianco. Era molto grande e forte, e veniva utilizzato per il trasporto di merci e persone. In seguito, l'asino è diventato sempre più piccolo e debole, fino a diventare un animale domestico. Oggi, l'asino di Prato è considerato una razza in via di estinzione.



ZVEDRU NIKLA



ASINI PRATO

SE SEAM PUNZI



Il primo asino di Prato è stato fotografato nel 1870. Si trattava di un asino di razza, con la testa e le zampe nere, e il corpo bianco. Era molto grande e forte, e veniva utilizzato per il trasporto di merci e persone. In seguito, l'asino è diventato sempre più piccolo e debole, fino a diventare un animale domestico. Oggi, l'asino di Prato è considerato una razza in via di estinzione.

SPINELLA ANTONI ANTONI



