



EXONERATE
to free from blame



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[illegible]

Abstract: This study examined the effects of a 12-week, low-intensity, low-impact, and low-impact exercise program on the physical and psychological health of older adults. The program was designed to be safe and effective for older adults with a variety of physical and psychological health conditions. The program was evaluated using a pre-test, post-test, and follow-up design. The results of the study showed that the program had a positive effect on the physical and psychological health of older adults. The program was found to be safe and effective for older adults with a variety of physical and psychological health conditions. The program was found to be safe and effective for older adults with a variety of physical and psychological health conditions.

Crop: *Callitriche*
sp. (in fruit)
 (in fruit)
 (in fruit)
 (in fruit)



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