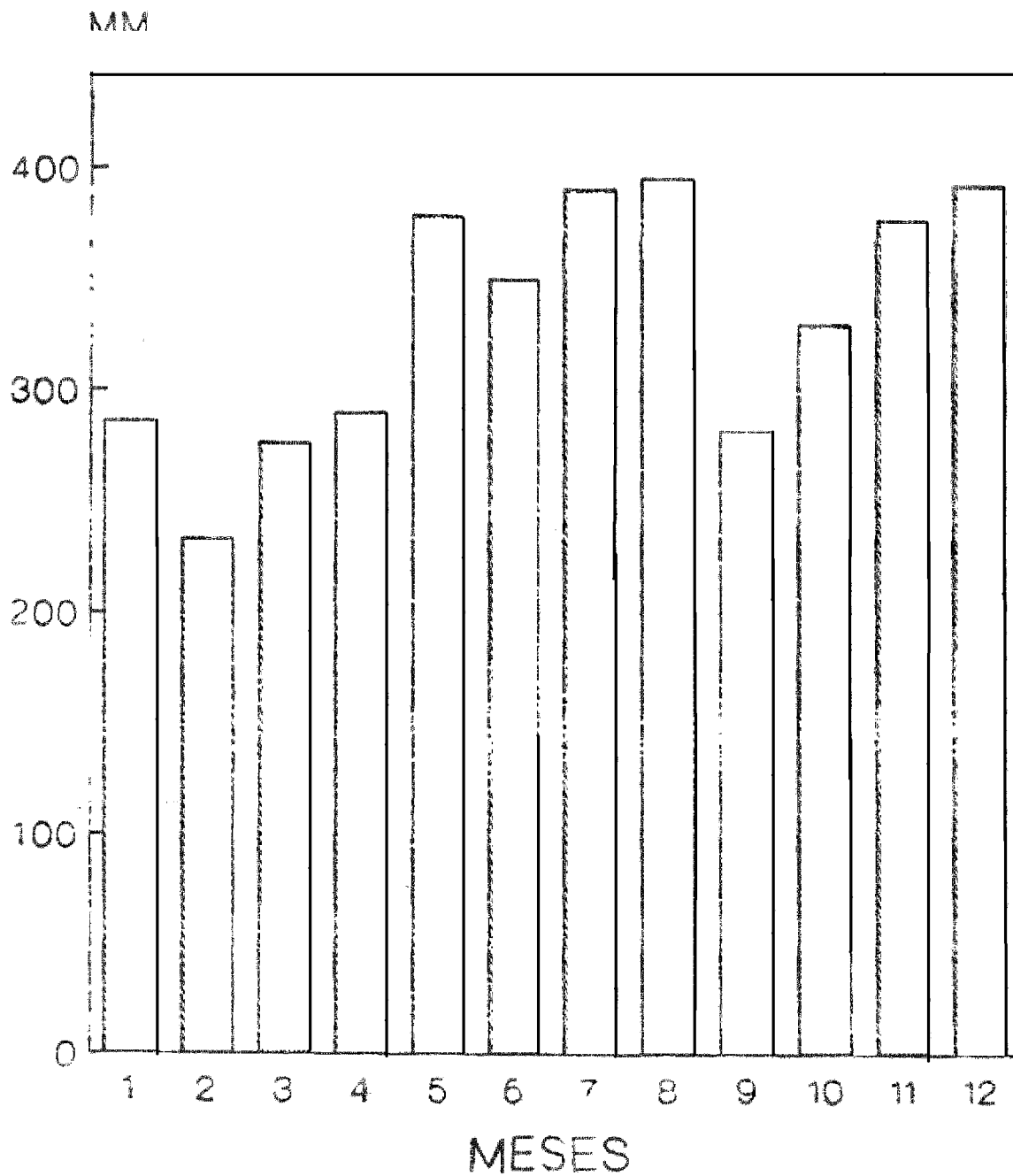
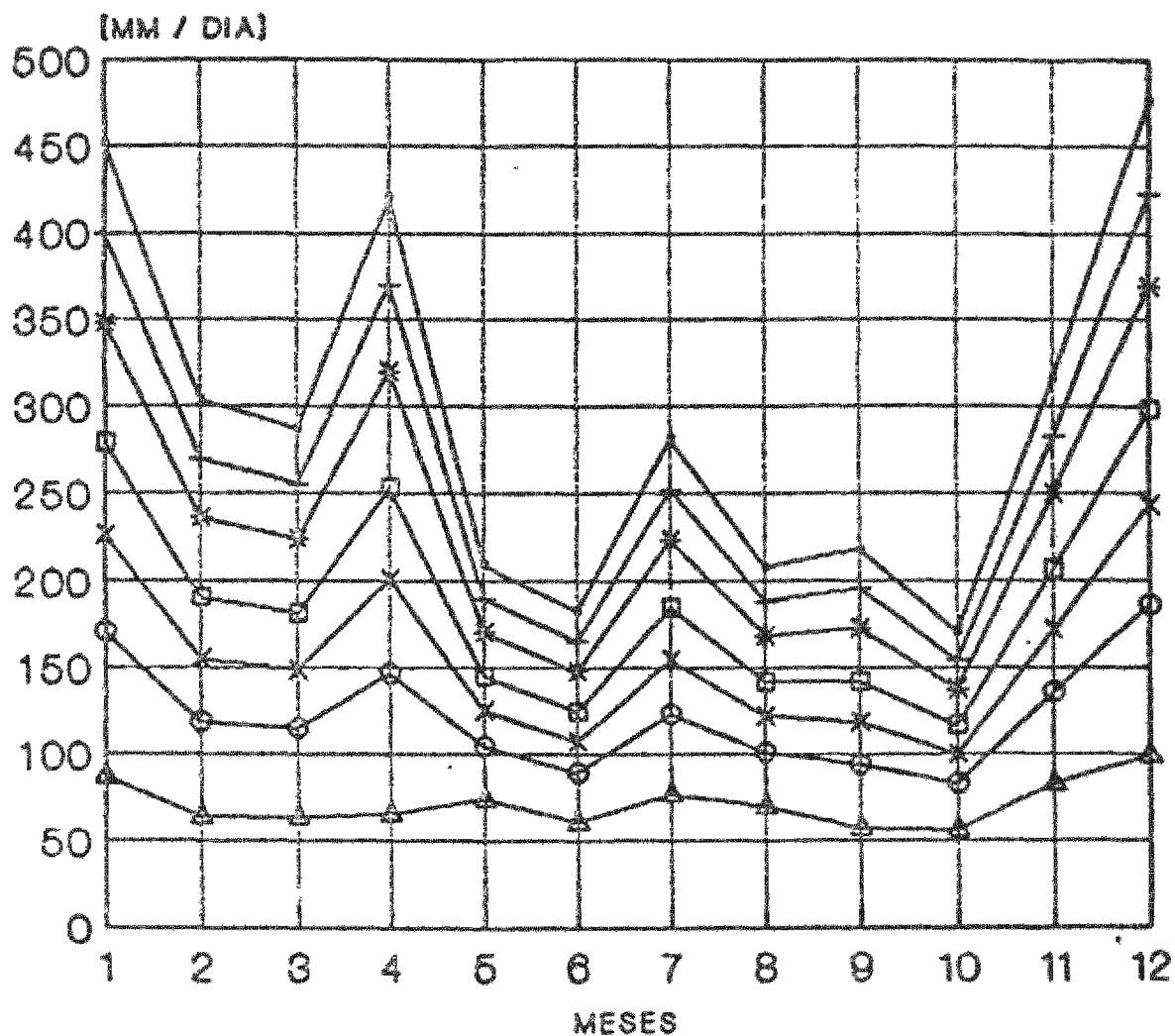


ESTACION ASUNCION PRECIPITACION PROMEDIO MENSUAL



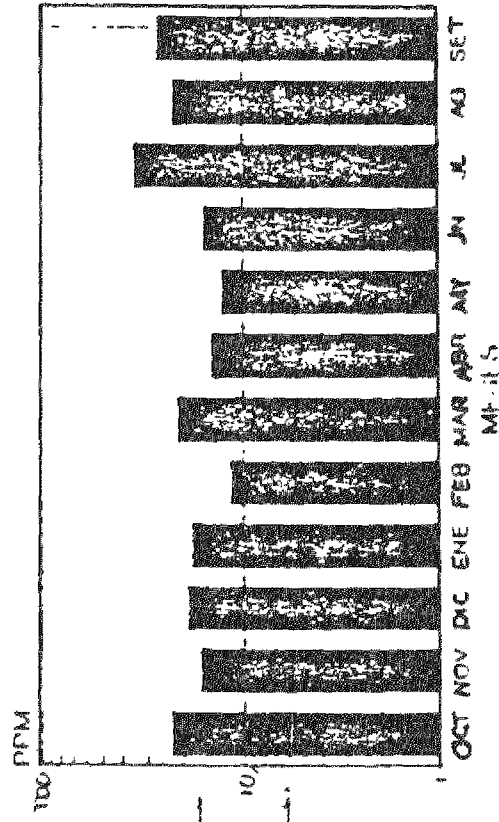
ESTACION ASUNCION PRECIPITACION MAXIMA DIARIA SEGUN PERIODOS DE RETORNO Y MESES



AÑOS			
—+— 200	—+— 100	—*— 50	—□— 20
—x— 10	—○— 5	—△— 2	

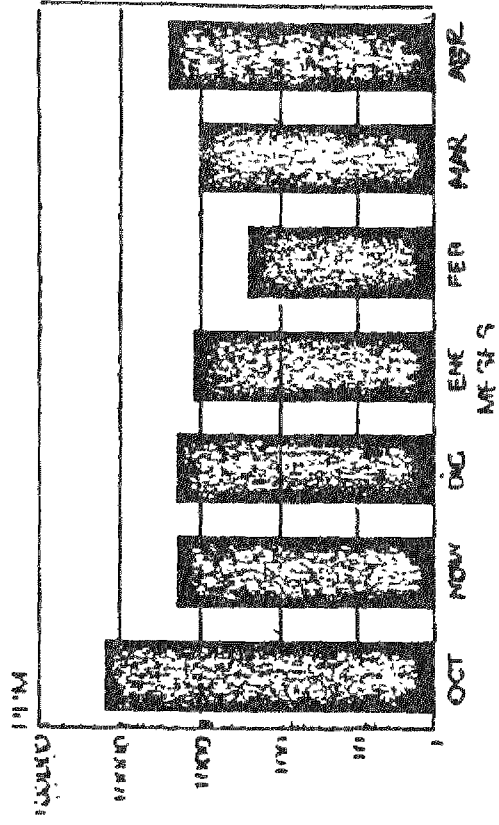
AÑOS EVALUADOS: 1962-1990
ELAB. POR: WAHRSON, ARAUZ & CHACON

SEDIMENTACION CUENCA DEL RIO BANANO ESTACION LA ASURSION



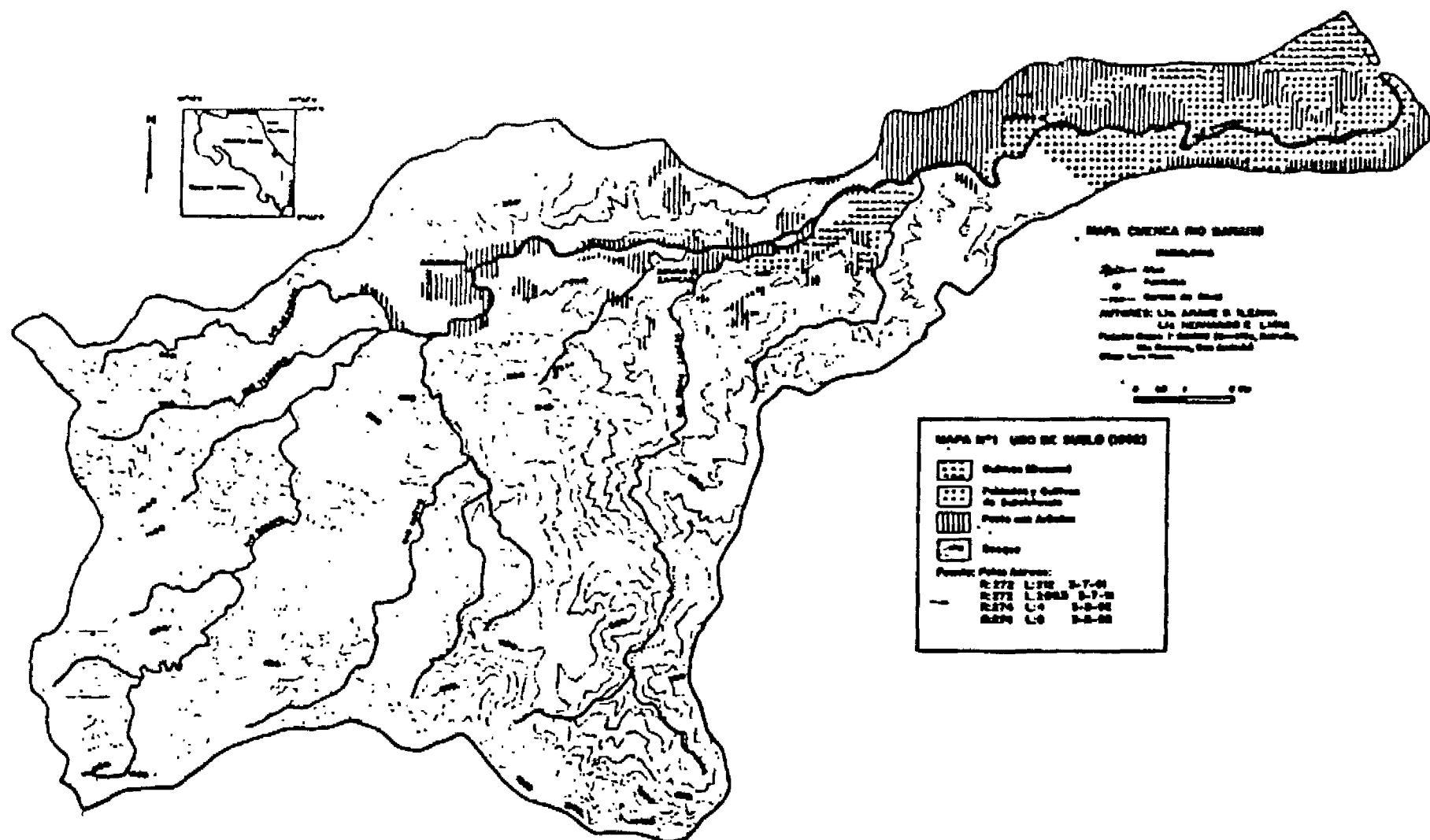
PERIODO ANALIZADO 1979 1980
ELABORADO ARAUZ, I & HERNANDEZ I 1982
FUENTE DPTO HIDROLOGIA, ICE

SEDIMENTACION CUENCA DEL RIO BANANO ESTACION LA NUEVA BOMBA

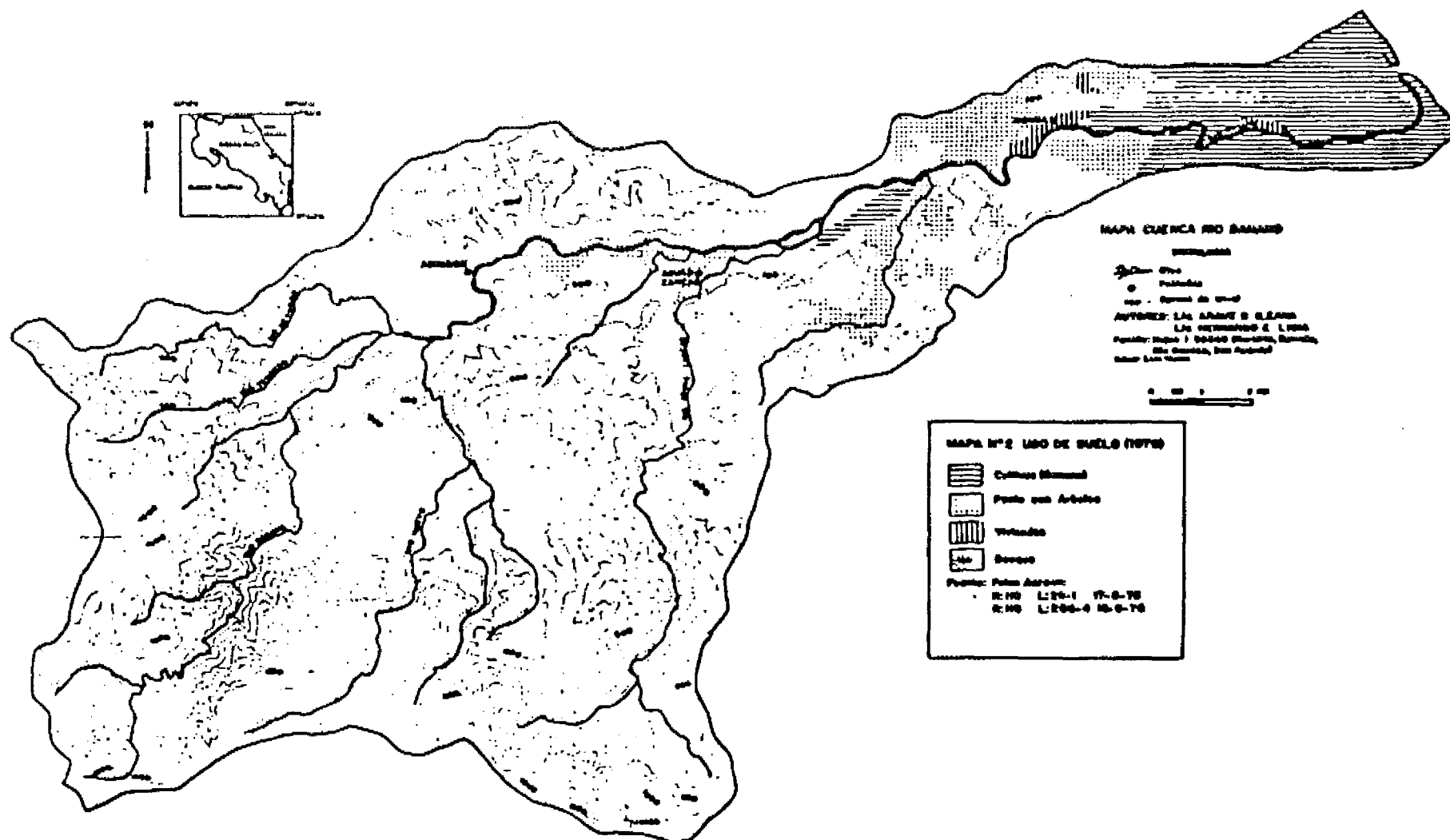


PERIODO ANALIZADO 1981-1982
ELABORADO ARAUZ, I & HERNANDEZ I 1982
FUENTE DPTO HIDROLOGIA, ICE

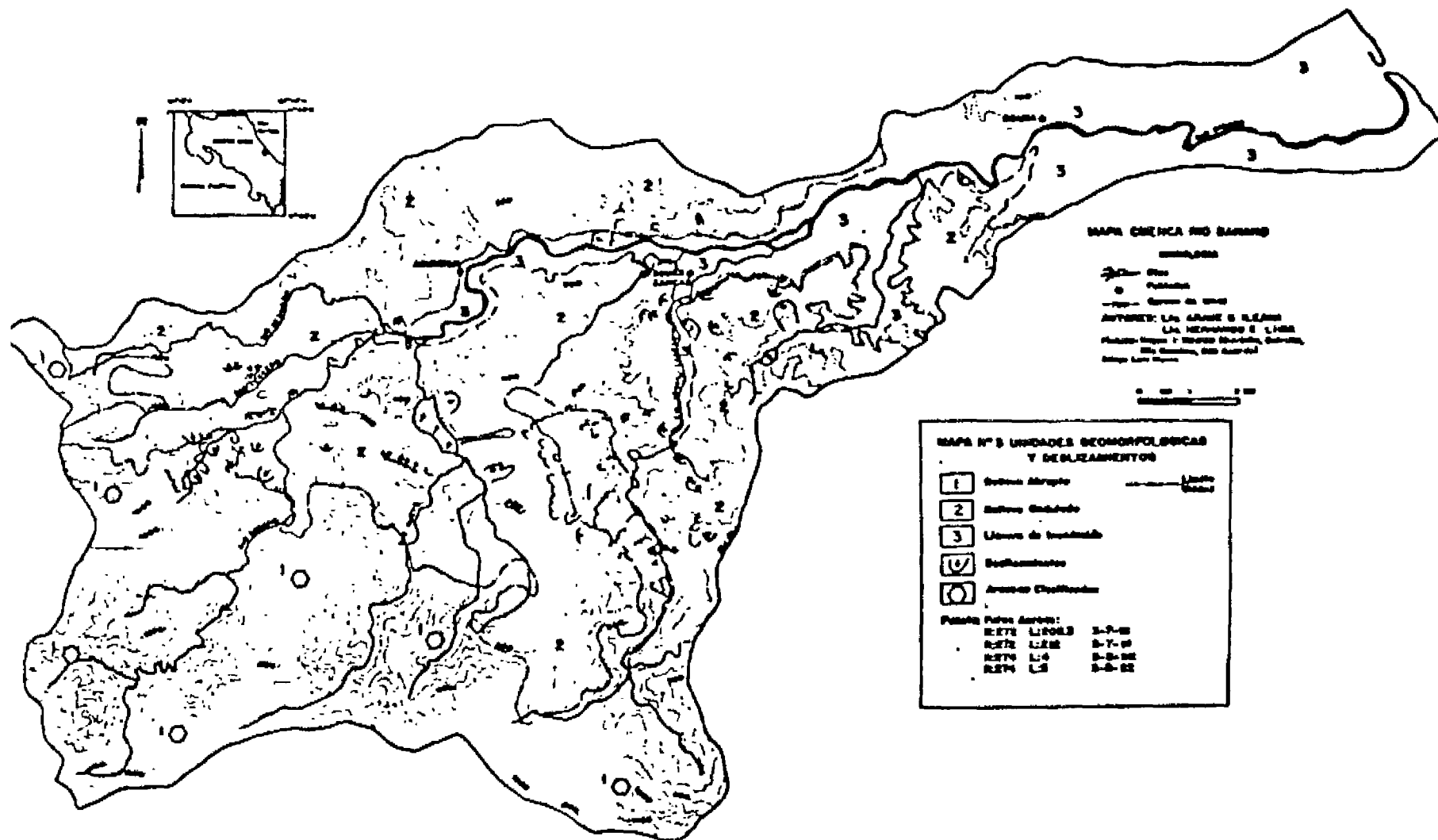
FIGURA 4



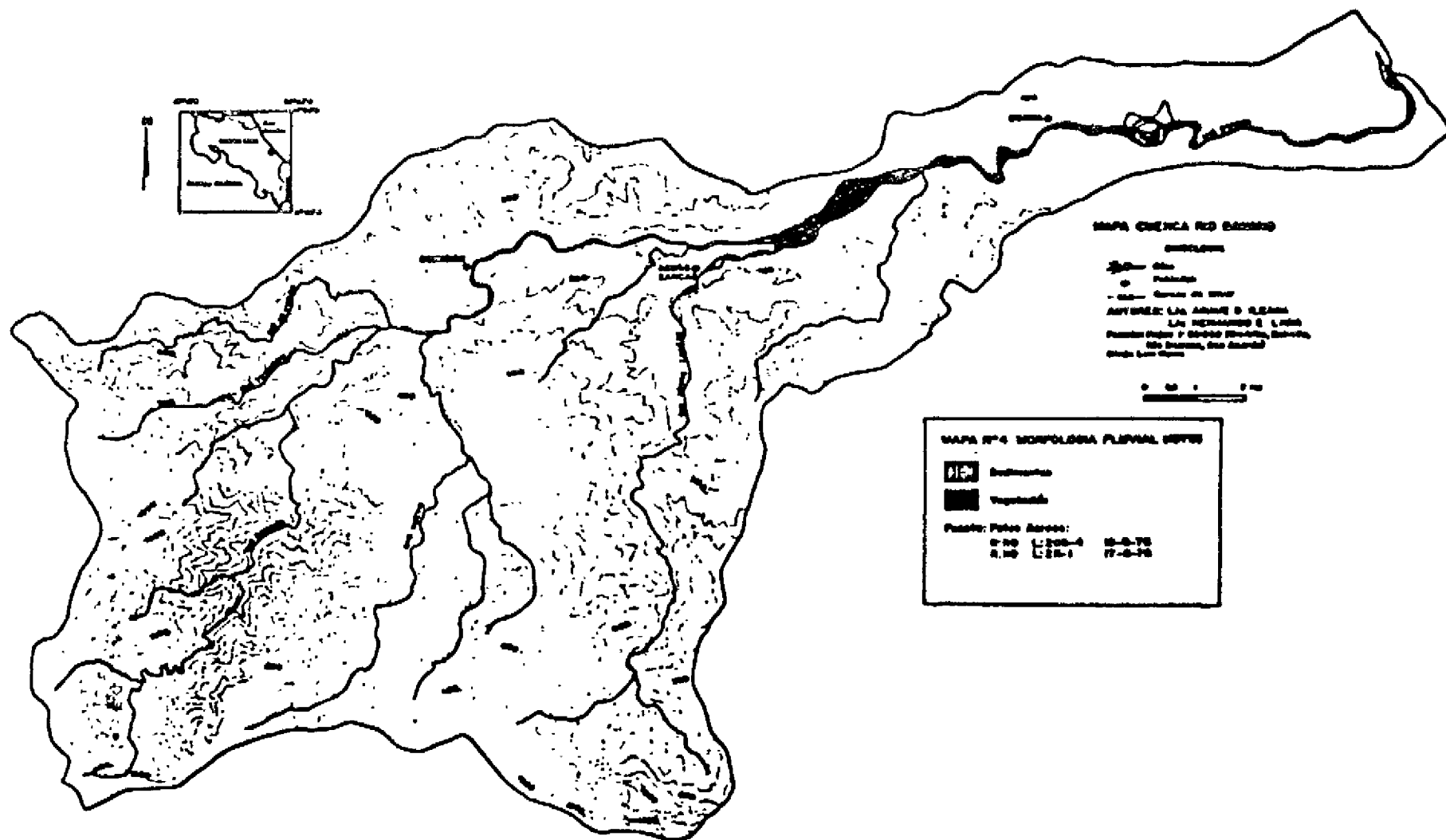
ILEGIBLE POR DOCUMENTO
ORIGINAL EN MAL ESTADO

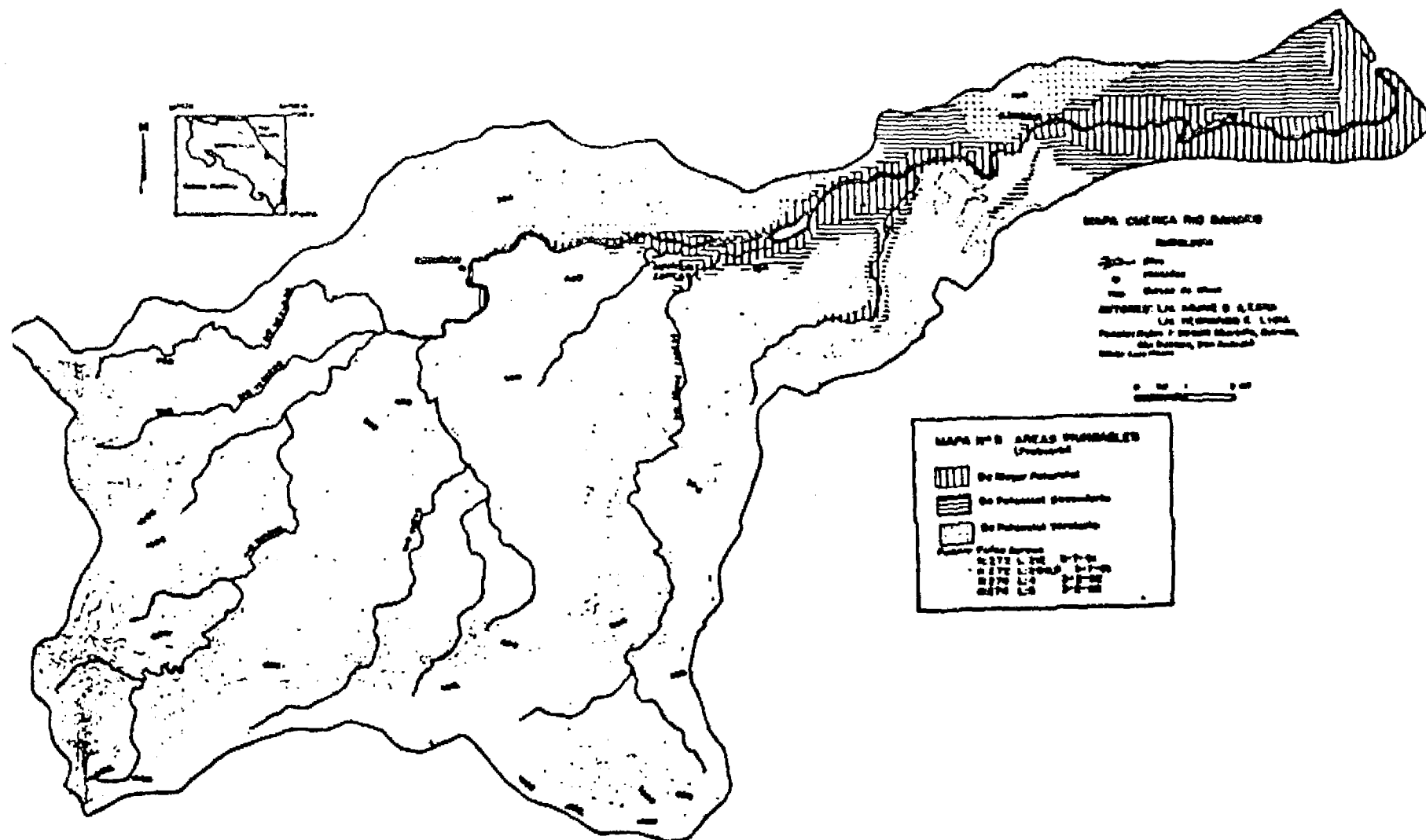


ILEGIBLE POR DOCUMENTO
ORIGINAL EN MAL ESTADO



ILEGIBLE POR DOCUMENTO
ORIGINAL EN MAL ESTADO



[illegible]

30-11-1994

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 well tolerated and had no adverse effects. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

[illegible]

January 1961 - 1962
 the Bureau, New England
 Office, New York

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MAPS OF AREAS INVOLVED
(Optional)

Die Mayer-Personalbank

On Political Economy

On Political Transition

August Police Report

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