

# Meteorology Unit Study Guide

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Figure 1. The effect of the concentration of the solution on the adsorption of the dye.

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**Abstract** The authors examined the effects of a 12-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of 10 obese women. The diet was composed of 25% protein, 40% carbohydrate, and 35% fat. The subjects lost an average of 10.5 kg (23.1%) of body weight and 10.5% of body fat. The diet was well tolerated, and the subjects maintained a high level of physical activity throughout the study. The authors conclude that a 1000 kcal energy deficit diet is an effective means of achieving weight loss in obese women.

**Abstract**

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Source: *Author's calculations*.

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Abstract and keywords are available in the full-text version of the article, which can be accessed by clicking on the article title.

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-impact aerobically fit individuals. The study was conducted in a laboratory setting. The subjects were 12 healthy, sedentary, and non-smoking individuals. The subjects were divided into three groups: low-intensity, low-impact, and low-impact. The subjects were tested at baseline and after 12 weeks. The results showed that the low-intensity group had a significant increase in heart rate, blood pressure, and oxygen consumption. The low-impact group had a significant increase in heart rate and blood pressure. The low-impact group had a significant increase in heart rate and blood pressure. The results showed that the low-intensity group had a significant increase in heart rate, blood pressure, and oxygen consumption. The low-impact group had a significant increase in heart rate and blood pressure. The low-impact group had a significant increase in heart rate and blood pressure.

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1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

# Meteorology Test Review Guide

**KJ Lindholm-Leary**



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