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项目名称:

仙

委托单位:

仙

检测类别:

报告日期:

3月13日

湖北
(加)



Figure 1. The effect of the concentration of the *Agrobacterium* suspension on the transformation efficiency of *Agrobacterium* strains.

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 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 for physical and psychological health. The physical health assessment included measures of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. 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.

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通捷检测

报告编号: 通捷检[2023]X043号
检测项目: 噪声
检测结果: 见附表3

检测时间	检测地点	检测标准	检测结果
2023.11.10 (昼)	厂界外1m处	GB 12345-2012	68.1dB
2023.11.10 (夜)	厂界外1m处	GB 12345-2012	58.1dB

四、检测方法

本项检测使用的检测方法主要参照《工业企业厂界环境噪声排放标准》(GB 12345-2012)进行。

检测类别	检测项目	检测标准
噪声	等效连续A声级 L _{eq} (A)	工业企业厂界环境噪声排放标准 GB 12345-2012

附图1 监测点位示意图





