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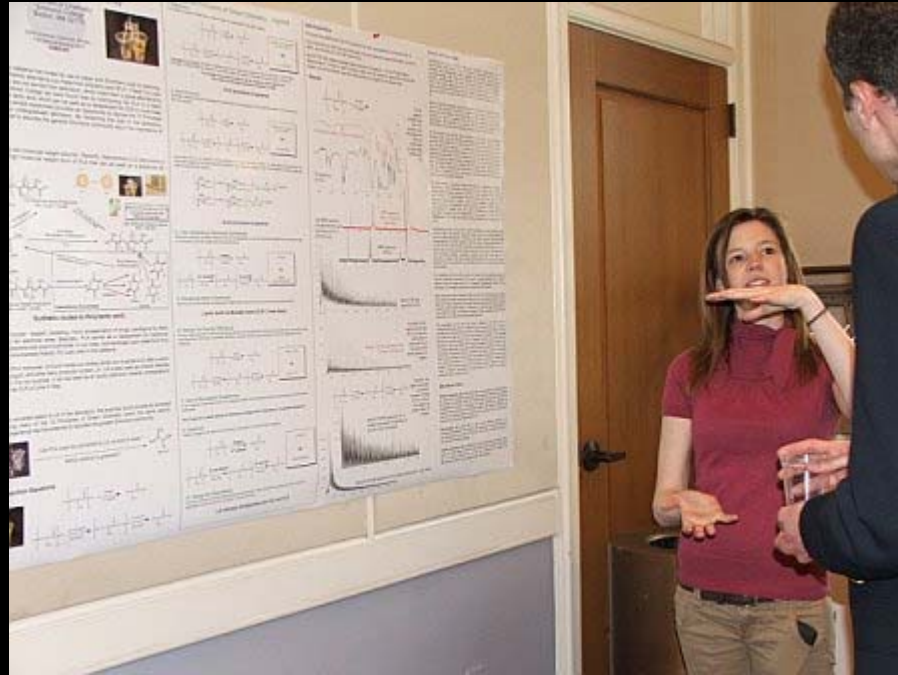
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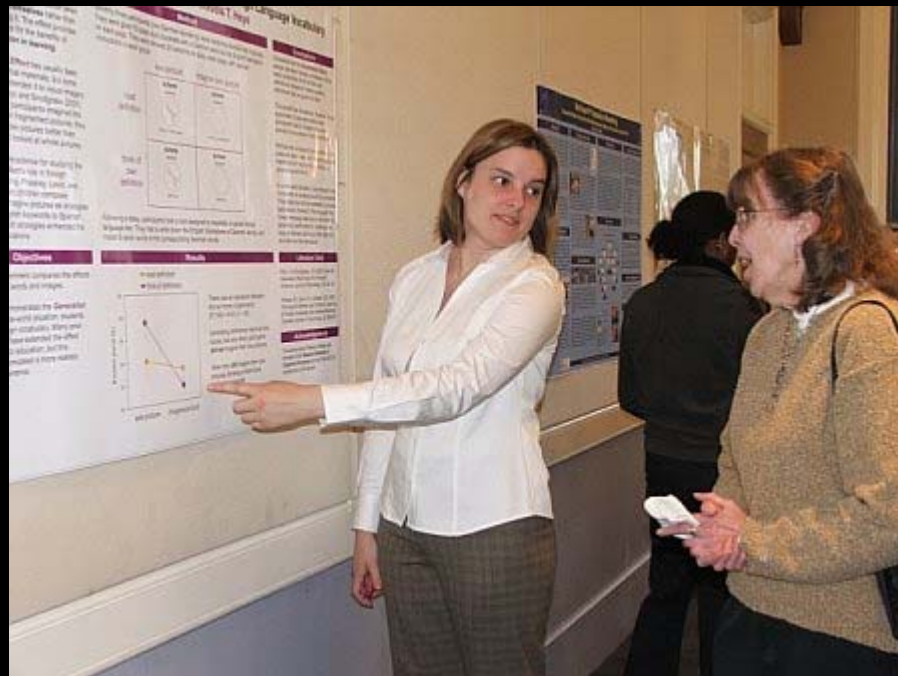
















AHA / ACSM Physical Activity Recommendations for College-Aged Women

Randi Lila, Jeanine Blair '20, Elizabeth Blinn, Simpson College Biology Department, Boone, IA

Abstract

Abstract text describing the study's purpose and findings.

Background

Background text providing context for the study.

Methods

Methods text describing the study's methodology.

Results

Results text presenting the study's findings.

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Discussion

Discussion text interpreting the study's results.

Conclusions

Conclusions text summarizing the study's main takeaways.

References

References text listing the sources used in the study.

Tables

Tables text describing the data presented in the study.

Figures

Figures text describing the visual data presented in the study.

Objectives

Objectives text stating the study's goals and aims.

Methods

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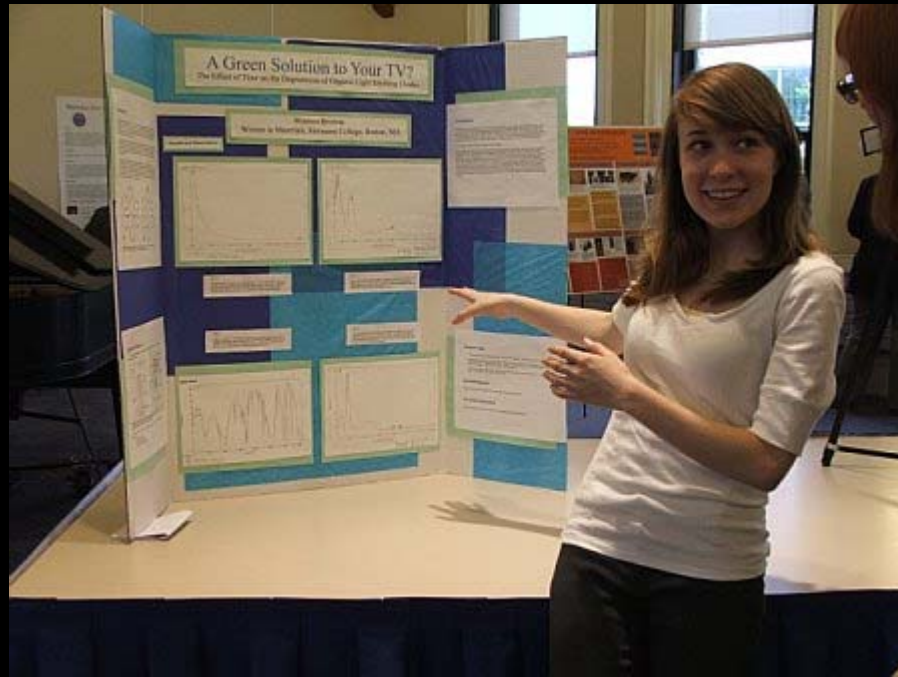
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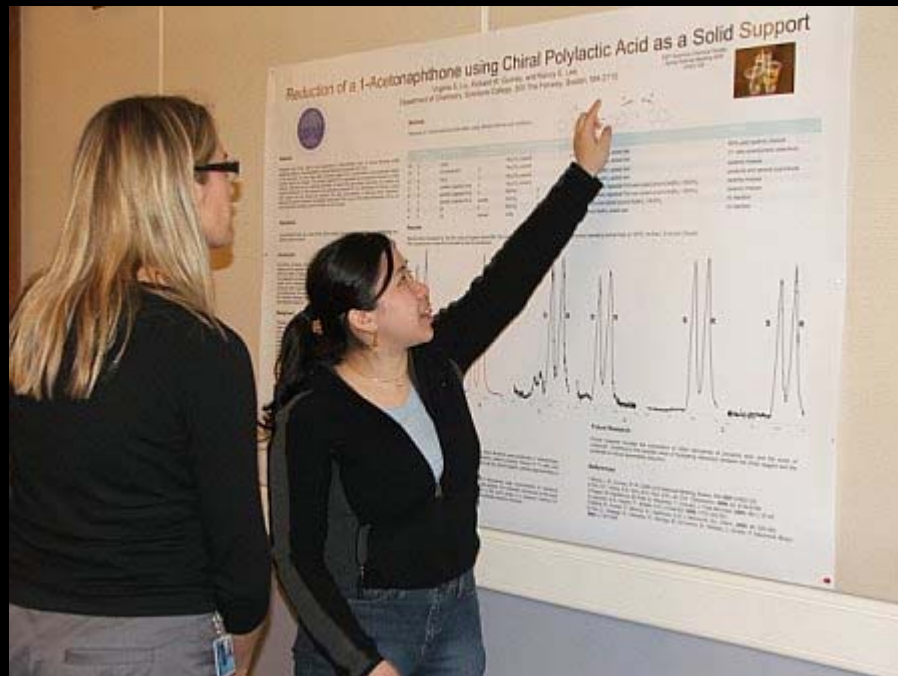
Figures

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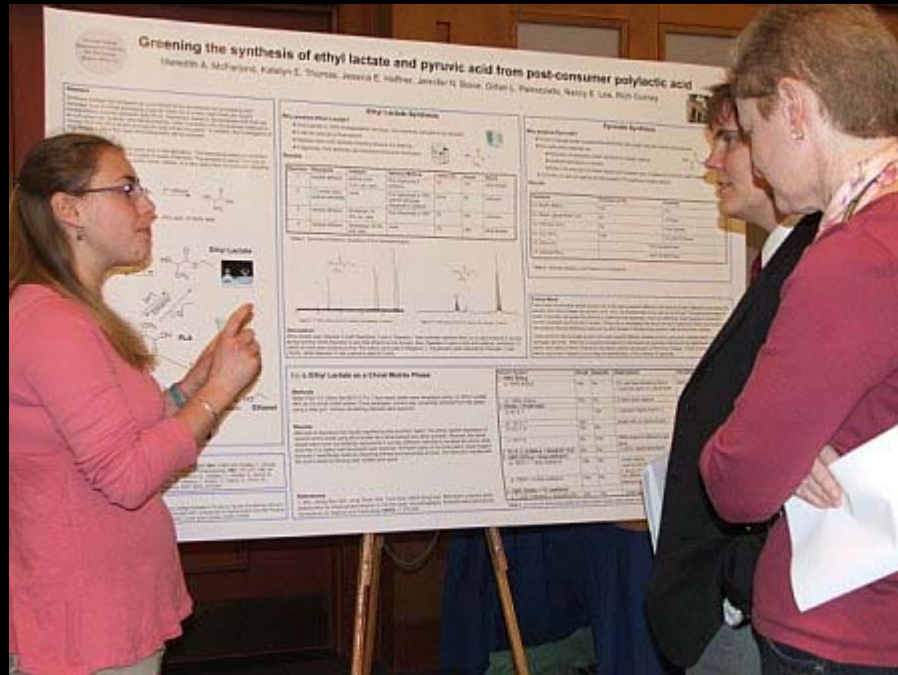












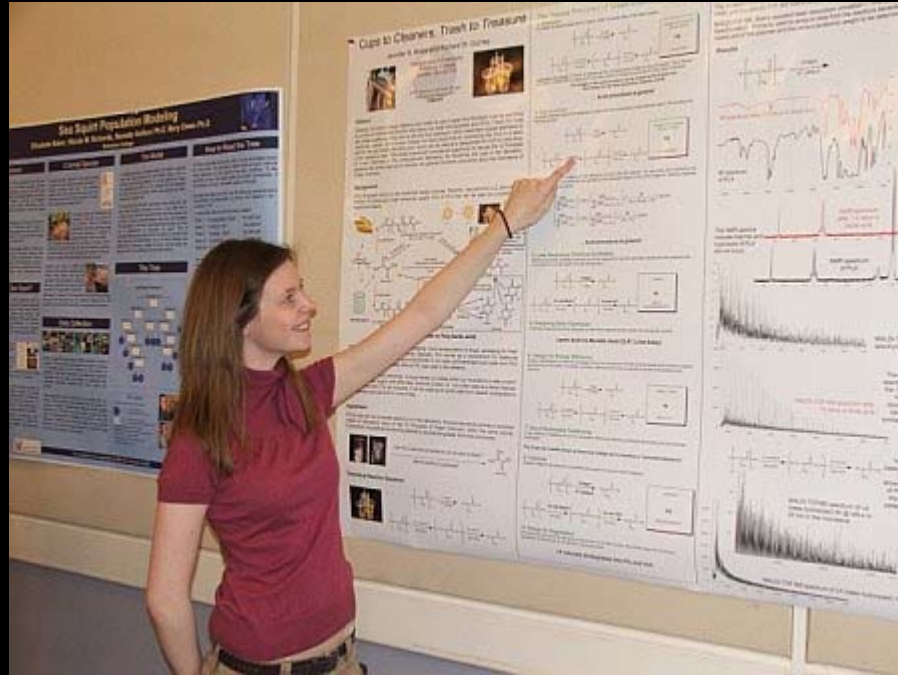








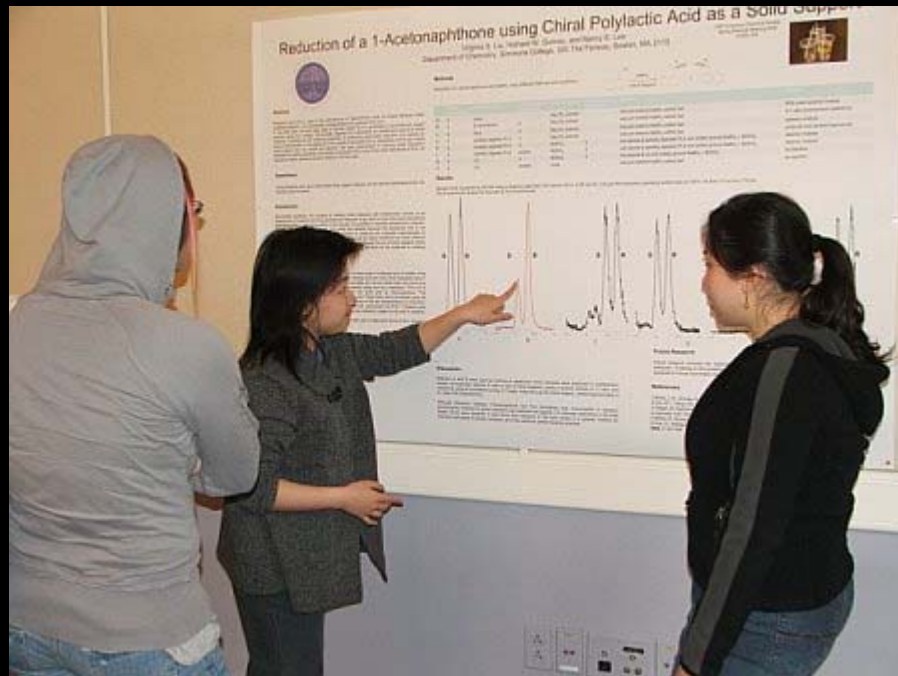
















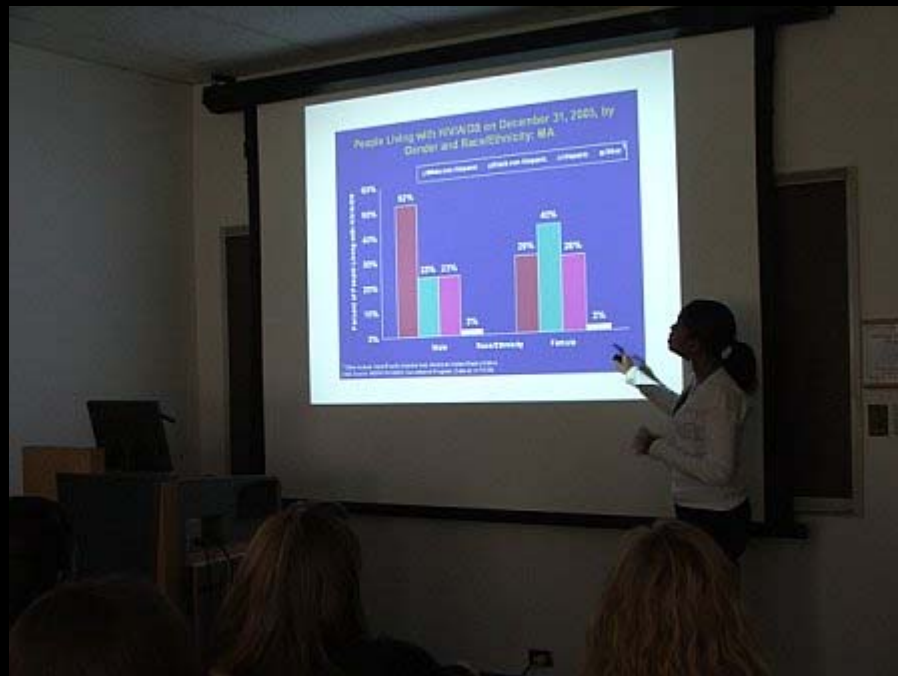










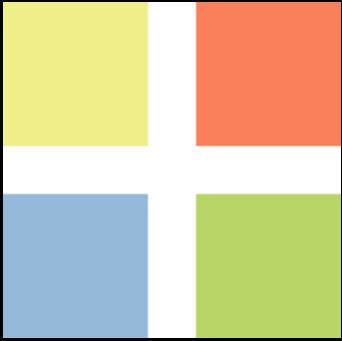






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