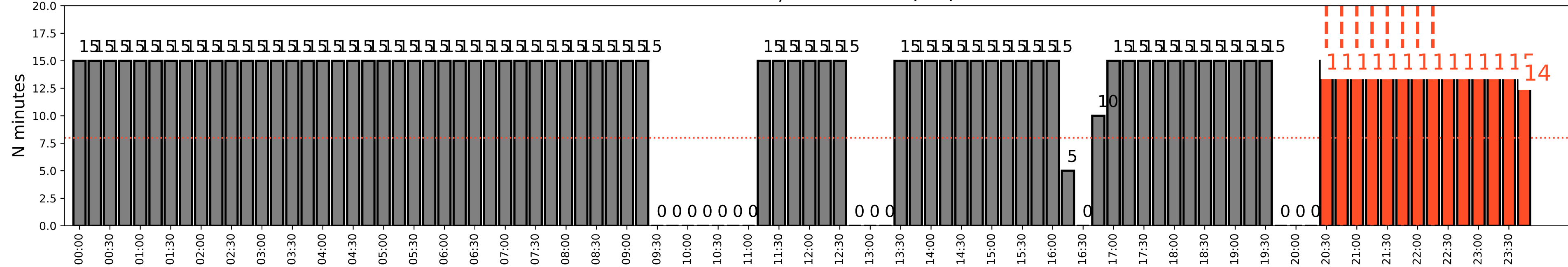
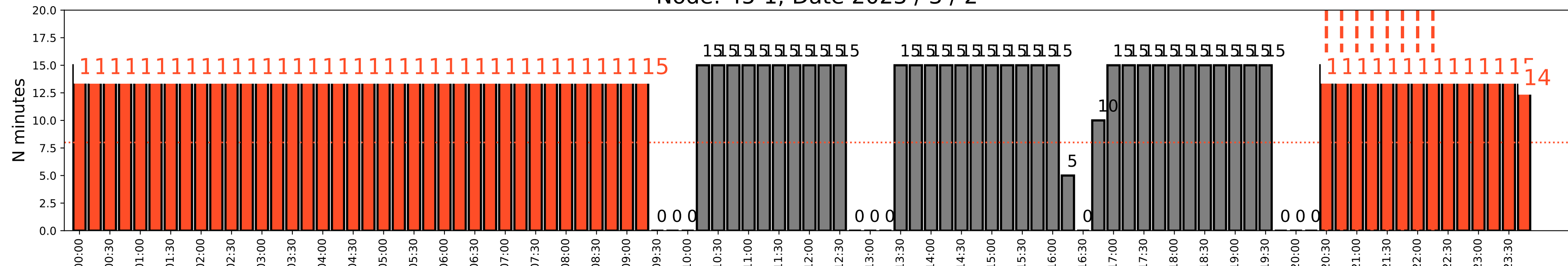


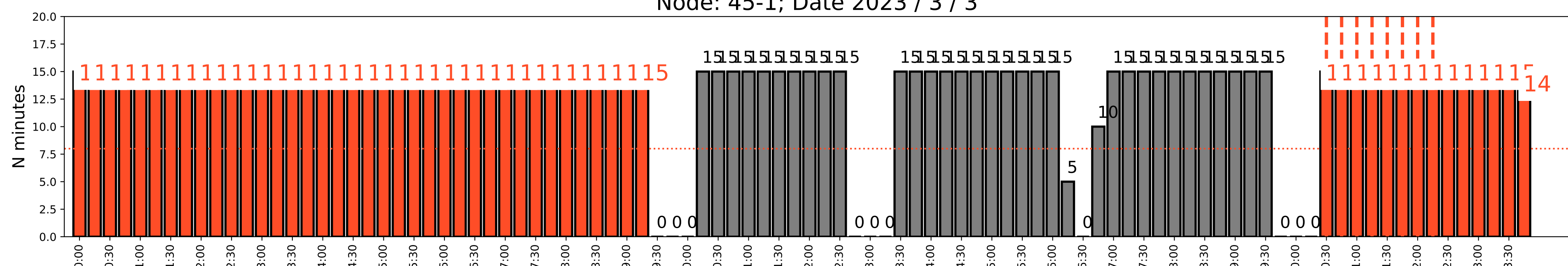
Node: 45-1; Date 2023 / 3 /



Node: 45-1; Date 2023 / 3 /

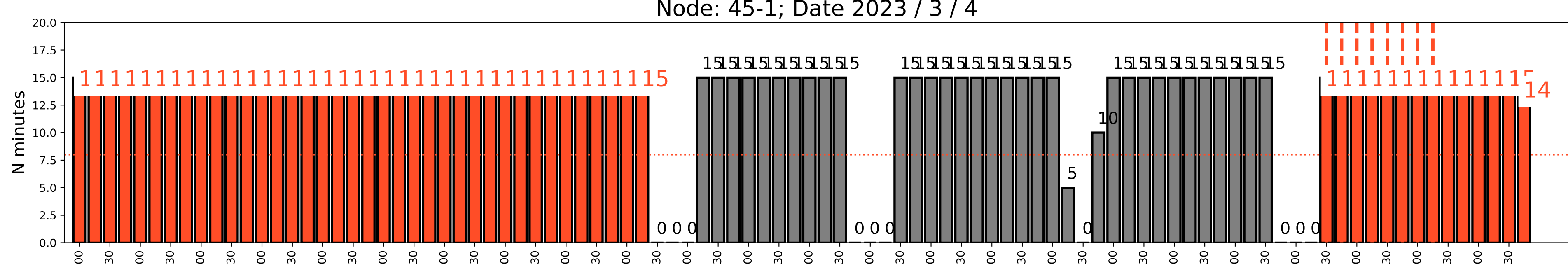


Node: 45-1: Date: 2023 / 3 /

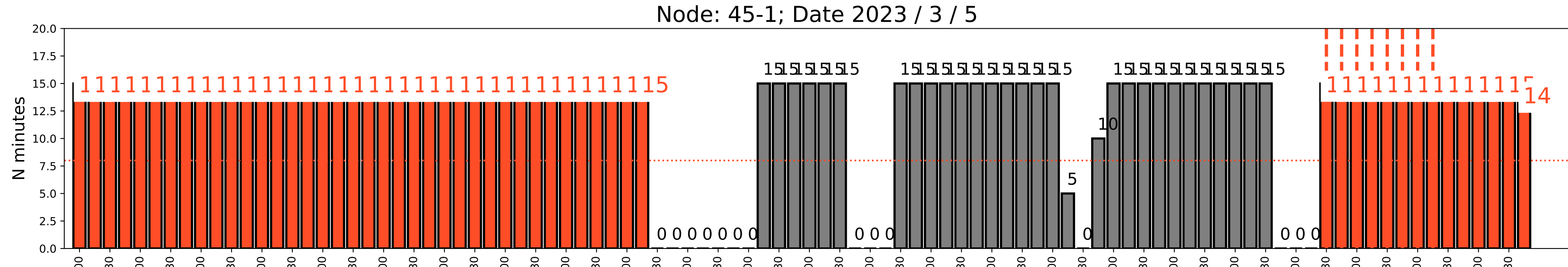


Time

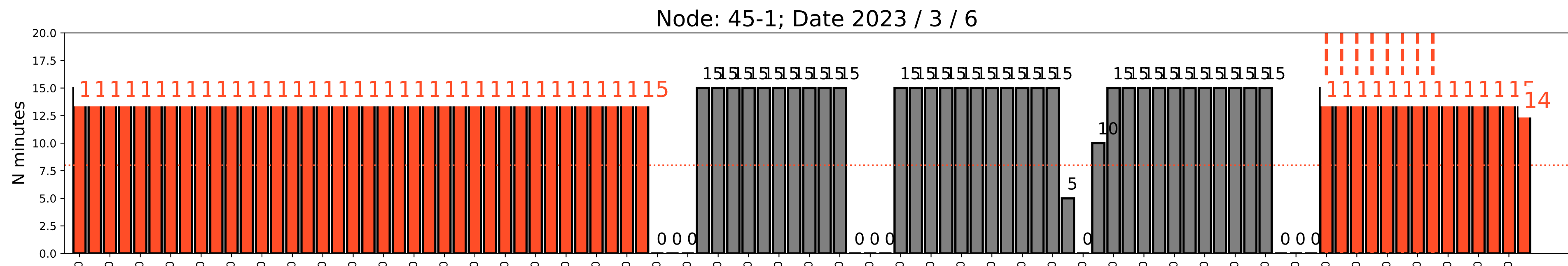
Node: 45, 1: Date: 2023 / 3 / 4



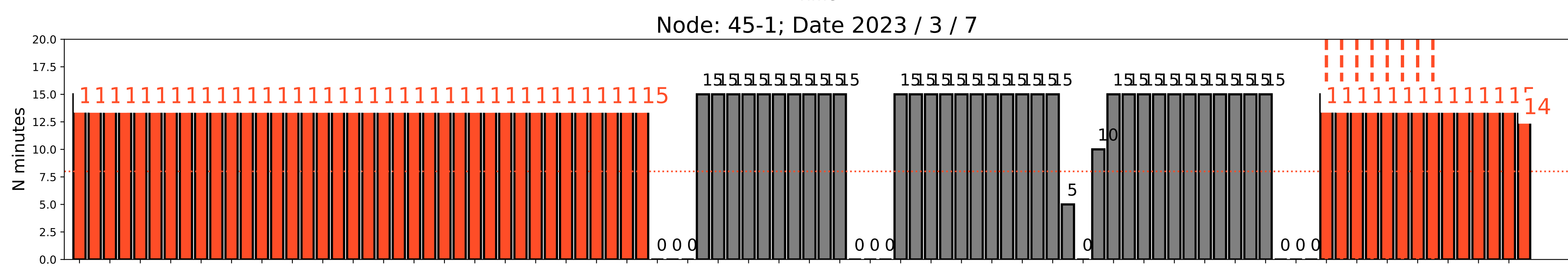
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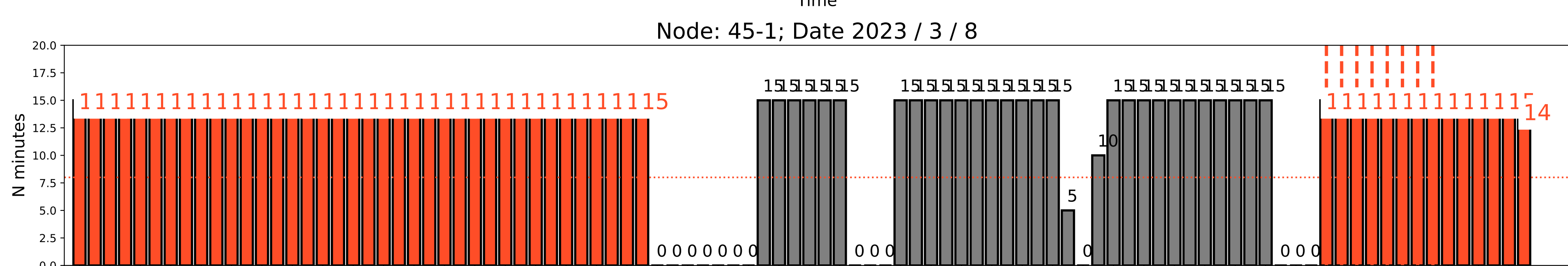
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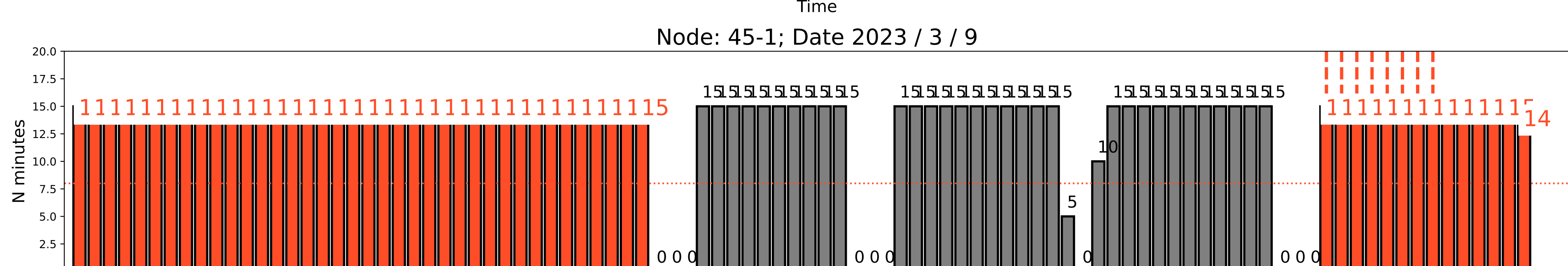
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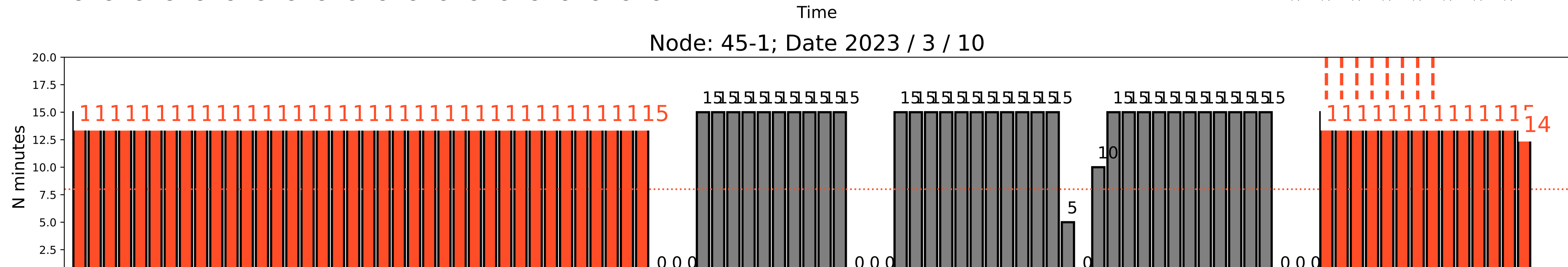
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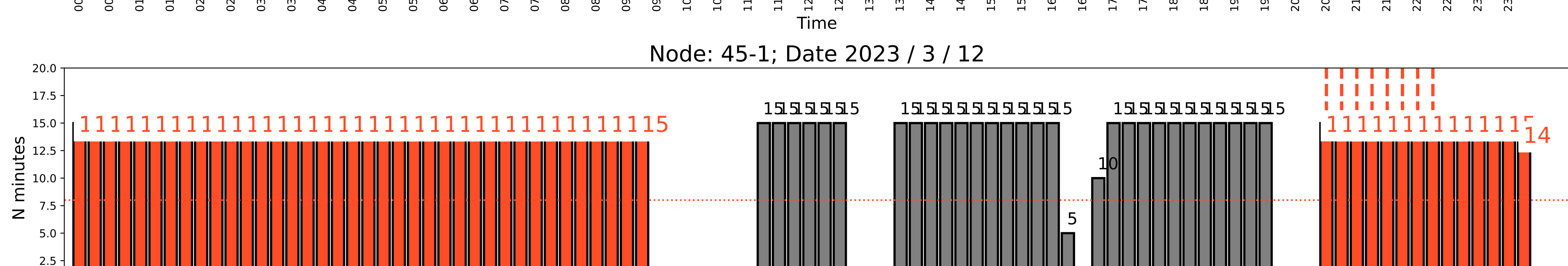
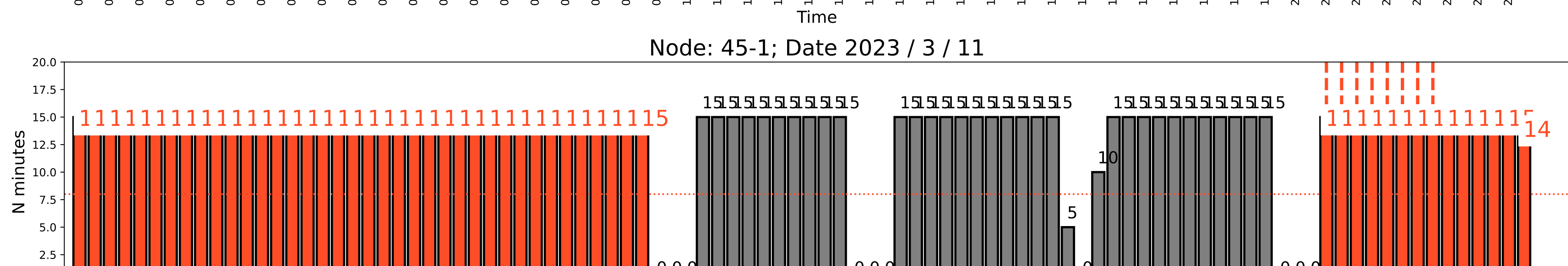
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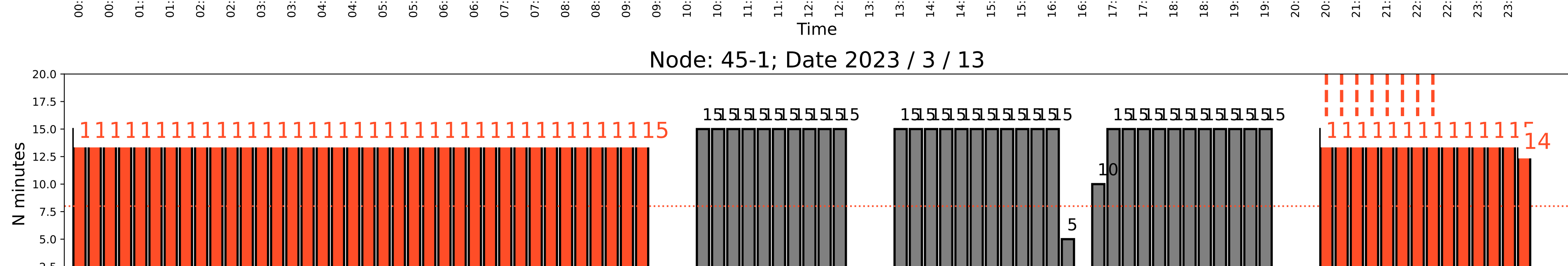
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10:00  
10:30  
11:00  
11:30  
12:00  
12:30  
13:00  
13:30  
14:00



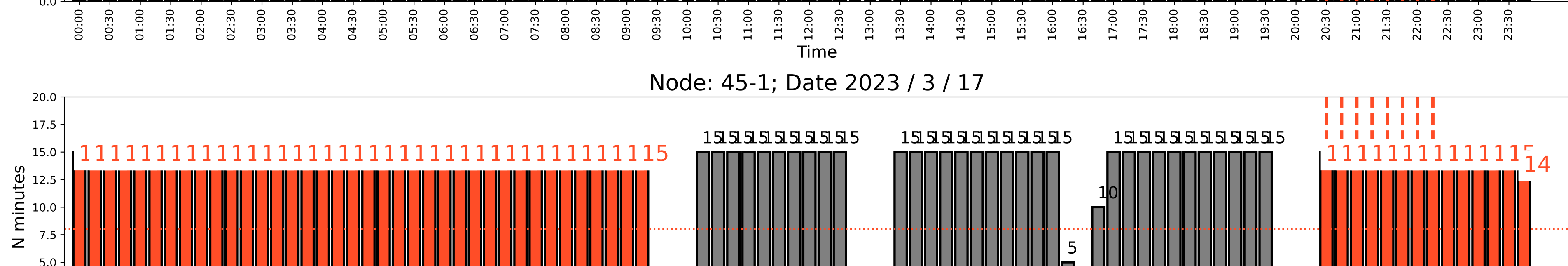
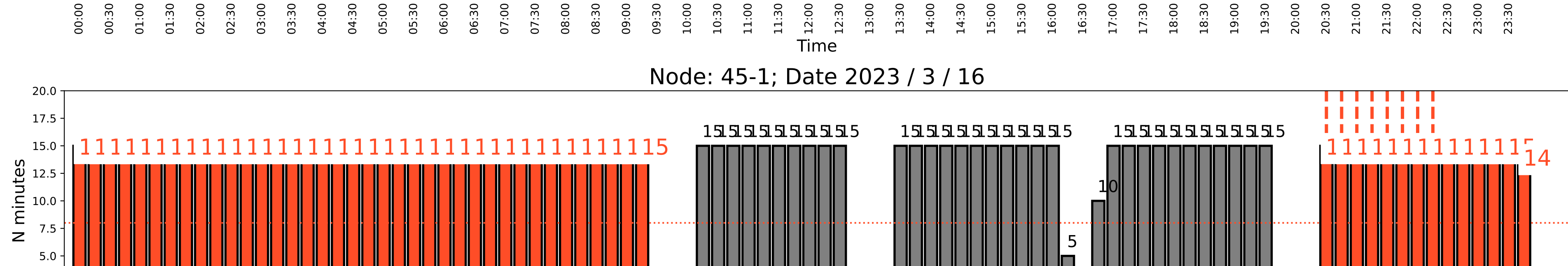
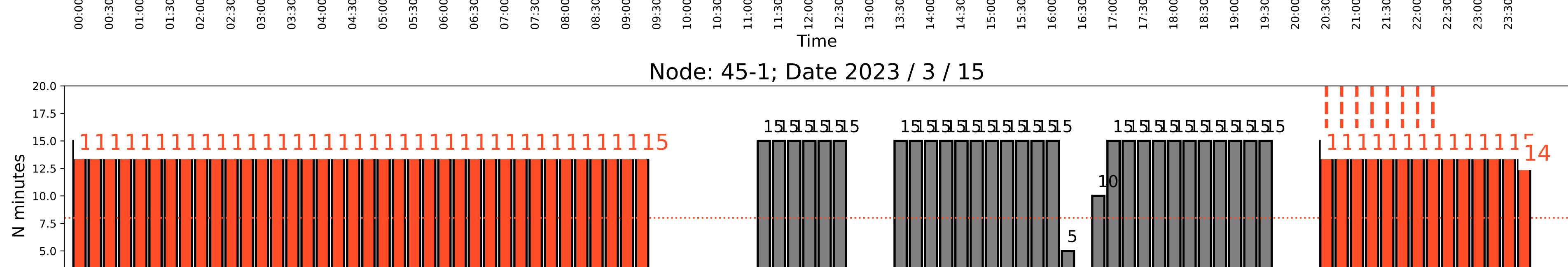
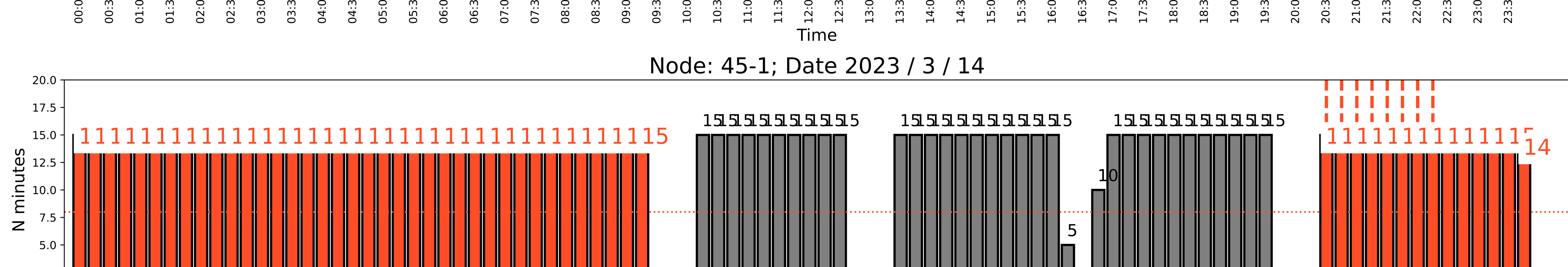
09:30 -  
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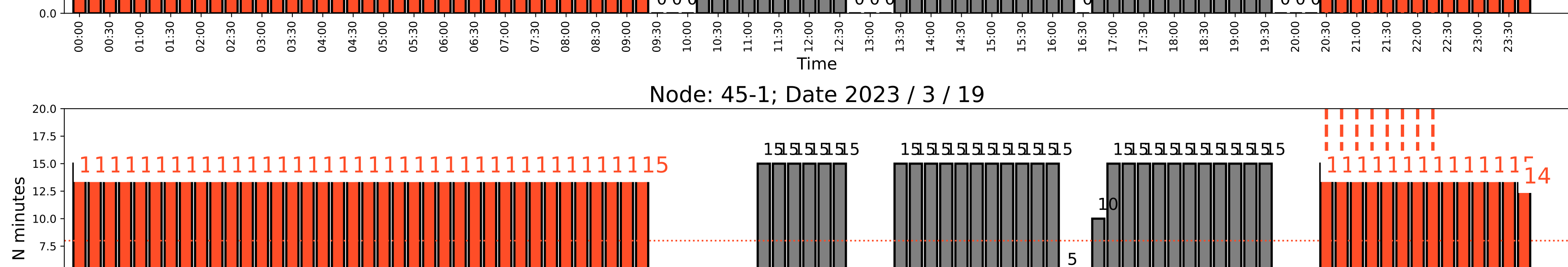
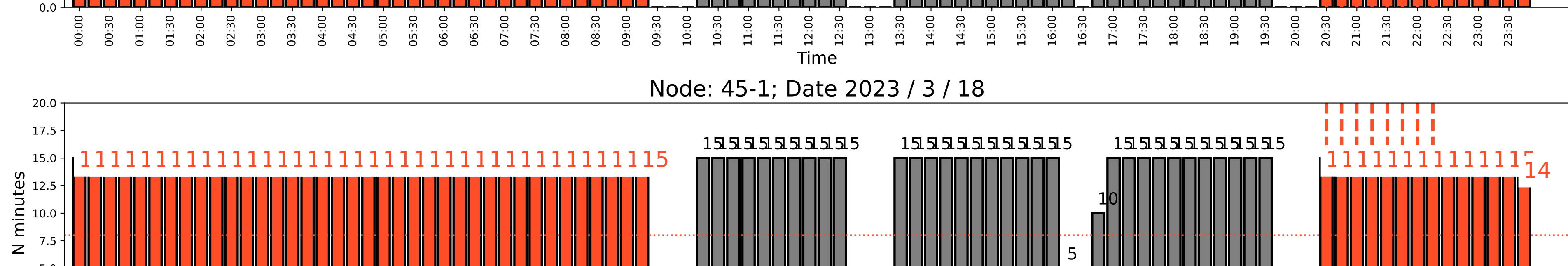
The timeline illustrates the sequence of events in the study. It begins with a baseline assessment (T0) at 0:00. This is followed by a 30-minute intervention period (T1) ending at 0:30. A 30-minute rest period (T2) follows, ending at 1:00. The intervention is then repeated for a second 30-minute period (T3) ending at 1:30. A final 30-minute rest period (T4) follows, ending at 2:00. The study concludes with a follow-up assessment (T5) at 2:30.



Age Group	Number of People
0-10	280
11-20	250
21-30	220
31-40	190
41-50	160
51-60	130
61-70	100
71-80	70
81-90	40
91-100	10



0 0 0 1 1 1 1 1 1 1 1 1 1 0 0 0



Age Group	Number of People
0-10	10
11-20	10
21-30	10
31-40	10
41-50	10
51-60	10
61-70	10
71-80	10
81-90	10
91-100	10

