
Year	Population	Population
1990	100	100
2000	100	100
2010	100	100
2020	100	100
2030	100	100
2040	100	100
2050	100	100
2060	100	100
2070	100	100
2080	100	100
2090	100	100
2100	100	100

100

<p>Background: 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 older adults with chronic low back pain (CLBP).</p> <p>Methods: A total of 20 older adults (mean age = 68.5 years) with CLBP participated in a 12-week walking program. The program consisted of three sessions per week, each lasting 30 minutes. The walking speed was set at 1.5 m/s. The program was supervised by a physical therapist. The participants were assessed at baseline and at 12 weeks. The assessments included a physical examination, a gait analysis, and a psychological assessment. The physical examination included a measurement of the range of motion of the lumbar spine, the hip, and the knee. The gait analysis included a measurement of the stride length, the stride time, and the gait speed. The psychological assessment included a measurement of the pain intensity, the disability, and the quality of life.</p> <p>Results: The results of the study showed that the participants had a significant improvement in the range of motion of the lumbar spine, the hip, and the knee. The participants also had a significant improvement in the stride length, the stride time, and the gait speed. The participants also had a significant improvement in the pain intensity, the disability, and the quality of life.</p> <p>Conclusion: The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of older adults with CLBP.</p>	<p>Keywords: walking, low back pain, older adults, physical health, psychological health.</p>
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	Revenue	Expenses	Net Income	Net Loss
Revenue				
Operating revenue	100		100	
Interest income	10		10	
Dividend income	5		5	
Other income	5		5	
Expenses				
Operating expenses	(80)			(80)
Interest expense	(10)			(10)
Dividend expense	(5)			(5)
Other expenses	(5)			(5)
Net Income			25	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)
Other				
Other revenue	10		10	
Other expenses	(10)			(10)
Net Income			10	
Net Loss				(0)