

Ismaningär

Spätsommer

Einmal im Monat ein Überblick über die Aktivitäten der Ismaninger Vereine

Herzlichen Willkommen bei der 12. Ismaninger Sommerfeier



Herzlichen Willkommen bei der 12. Ismaninger Sommerfeier

Am 12. August 2016, 18.00 Uhr

Spätsommerfest

im Ismaninger Kulturhaus

Eintritt frei



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Abstract The purpose of this study was to examine the effects of a 12-week, low-intensity, resistance training program on the physical and psychological health of older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older. The participants were divided into two groups: a control group and an intervention group. The intervention group performed a 12-week, low-intensity, resistance training program. The control group did not perform any exercise. The study measured physical health (muscle strength, endurance, and balance) and psychological health (depression, anxiety, and quality of life) at baseline and at 12 weeks. The results showed that the intervention group had significantly higher muscle strength, endurance, and balance at 12 weeks compared to the control group. Additionally, the intervention group had significantly lower levels of depression, anxiety, and higher quality of life at 12 weeks compared to the control group. The findings suggest that a 12-week, low-intensity, resistance training program can improve physical and psychological health in older adults.

Variable	Control Group	Intervention Group
Baseline Muscle Strength (kg)	15.2	15.2
12-week Muscle Strength (kg)	15.8	18.5
Baseline Endurance (min)	10.5	10.5
12-week Endurance (min)	11.2	14.8
Baseline Balance (cm)	12.5	12.5
12-week Balance (cm)	13.2	15.5
Baseline Depression (score)	15.5	15.5
12-week Depression (score)	16.2	13.8
Baseline Anxiety (score)	12.5	12.5
12-week Anxiety (score)	13.2	11.5
Baseline Quality of Life (score)	18.5	18.5
12-week Quality of Life (score)	19.2	21.5

Keywords: Older adults, resistance training, physical health, psychological health, depression, anxiety, quality of life.

Introduction The purpose of this study was to examine the effects of a 12-week, low-intensity, resistance training program on the physical and psychological health of older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older. The participants were divided into two groups: a control group and an intervention group. The intervention group performed a 12-week, low-intensity, resistance training program. The control group did not perform any exercise. The study measured physical health (muscle strength, endurance, and balance) and psychological health (depression, anxiety, and quality of life) at baseline and at 12 weeks. The results showed that the intervention group had significantly higher muscle strength, endurance, and balance at 12 weeks compared to the control group. Additionally, the intervention group had significantly lower levels of depression, anxiety, and higher quality of life at 12 weeks compared to the control group. The findings suggest that a 12-week, low-intensity, resistance training program can improve physical and psychological health in older adults.

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Reading Text 10.1: The Importance of Learning

Learning is a continuous process that shapes our lives. It is not just about acquiring knowledge, but also about developing skills and attitudes that enable us to thrive in a rapidly changing world. The journey of learning is often challenging, but it is also incredibly rewarding.

One of the key reasons why learning is so important is that it allows us to adapt to new circumstances. As technology advances and the global economy evolves, the skills we need to succeed are constantly changing. By staying committed to learning, we can ensure that we are always up-to-date and ready to take on whatever challenges come our way.

Moreover, learning is a powerful tool for personal growth. It helps us to expand our horizons, develop critical thinking skills, and gain a deeper understanding of the world around us. Through learning, we can discover our passions, pursue our dreams, and become the best version of ourselves.

Finally, learning is a social activity. It is through the process of learning that we connect with others, share our experiences, and learn from their successes and failures. Learning is a journey that we all embark on, and it is one that we should never stop taking.

In conclusion, learning is a lifelong journey that is essential for our personal and professional growth. It is a process that never ends, and it is one that we should embrace with enthusiasm and determination. By committing to learning, we can ensure that we are always growing, evolving, and thriving in the face of a constantly changing world.

— Dr. Jane Smith

Reading Text 10.2: The Role of Learning in the Modern World

In the modern world, learning has become a fundamental part of our lives. It is no longer just a means to an end, but a way of life. The rapid pace of technological change and the increasing complexity of the global economy have made it essential for us to continue learning throughout our lives.

One of the most significant ways in which learning has changed in the modern world is through the use of technology. The internet has made it possible for us to access a vast amount of information at any time and from anywhere. This has revolutionized the way we learn, making it more accessible and more personalized than ever before.

Another important way in which learning has changed is through the emphasis on lifelong learning. In the past, learning was often seen as a one-time event, such as attending a degree program. However, in the modern world, learning is seen as a continuous process that should last throughout our entire lives.

Finally, learning has become more collaborative in the modern world. We are no longer just passive recipients of knowledge, but active participants in the learning process. We share our experiences, learn from each other, and work together to solve problems. This collaborative approach to learning has led to many breakthroughs in science, technology, and the arts.



keep smiling

Learning is a journey that never ends. It is a process that shapes our lives and helps us to grow and thrive in a constantly changing world. By committing to learning, we can ensure that we are always up-to-date and ready to take on whatever challenges come our way.



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Chapter 10: The Nervous System

Introduction to the Nervous System

Function	Structure	Location	Characteristics
Control and coordination of the body's activities	Brain, spinal cord, and nerves	Central Nervous System (CNS) and Peripheral Nervous System (PNS)	Highly organized and specialized

Structure of the Nervous System

Central Nervous System (CNS)	Peripheral Nervous System (PNS)	Autonomic Nervous System (ANS)	Somatic Nervous System (SNS)
Brain and spinal cord	Nerves outside the CNS	Controls involuntary functions	Controls voluntary functions



Brain Regions and Functions:

- Frontal lobe:** Involved in decision-making, problem-solving, and motor control.
- Parietal lobe:** Processes sensory information from the body.
- Temporal lobe:** Involved in hearing, memory, and language.
- Occipital lobe:** Processes visual information.
- Brainstem:** Controls basic life functions like breathing and heart rate.

Spinal Cord: A long, thin structure that carries messages between the brain and the rest of the body.

Reflex Arc: A rapid, involuntary response to a stimulus, involving the brain and spinal cord.

The Nervous System

Neurons: The basic units of the nervous system that transmit information.

Types of Neurons:

- Sensory Neurons:** Carry information from the body to the brain.
- Motor Neurons:** Carry information from the brain to the body.
- Interneurons:** Connect sensory and motor neurons.

Neurotransmitters: Chemical messengers that transmit signals across a synapse.

Common Neurotransmitters:

- Dopamine
- Serotonin
- Acetylcholine

Neuroplasticity: The brain's ability to reorganize itself by forming new neural connections.

Factors Affecting Neuroplasticity:

- Age
- Genetics
- Environment

„Das ist ein Märchen“

Beim 10. Kolloquium „Kommunikation und Kunst“ am 1. April 2014 im Theaterhaus am Theaterplatz in Regensburg

Am 1. April 2014 fand das 10. Kolloquium „Kommunikation und Kunst“ im Theaterhaus am Theaterplatz in Regensburg statt. Das Kolloquium wurde von der Stadt Regensburg und dem Theaterhaus am Theaterplatz organisiert. Es war ein Tag der offenen Tür für die Öffentlichkeit, bei dem die Ergebnisse der bisherigen Arbeit der Arbeitsgemeinschaft „Kommunikation und Kunst“ präsentiert wurden. Die Veranstaltung wurde von der Stadt Regensburg und dem Theaterhaus am Theaterplatz organisiert.

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„Kommunikation und Kunst“ am 1. April 2014

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10. Kolloquium „Kommunikation und Kunst“ am 1. April 2014 im Theaterhaus am Theaterplatz in Regensburg



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THE UNIVERSITY OF TEXAS AT AUSTIN
McCOMBS SCHOOL OF BUSINESS
1985-1986

Introduction to the water cycle

The water cycle is the continuous movement of water on, above and below the surface of the Earth. Water cycle is a process that describes the continuous movement of water on, above and below the surface of the Earth. The water cycle is a process that describes the continuous movement of water on, above and below the surface of the Earth. The water cycle is a process that describes the continuous movement of water on, above and below the surface of the Earth.

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Figure 1: A photograph showing two yellow balloons tied to a dark surface, possibly a car, with a person's hand visible near them.



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Figure 2: A photograph showing a large crowd of people gathered in a field, possibly for a festival or event.

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Green Buildings with Savings for Users

Green buildings are becoming a reality for many organizations. The U.S. Green Building Council (USGBC) reports that green buildings are now being built at a rate of 10% per year, up from 1% in 2000. The USGBC also reports that green buildings are now being built at a rate of 10% per year, up from 1% in 2000.

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LEED CERTIFICATION
GREEN BUILDING
 LEED CERTIFICATION
 LEED CERTIFICATION
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 LEED CERTIFICATION
 LEED CERTIFICATION




DR. JENNIFER L. HARRIS
 LEED AP
 LEED AP
 LEED AP



Run for Green
 Run for Green
 Run for Green



18th century French Mining Revolution

The 18th century French Mining Revolution was a period of significant technological and organizational change in the mining industry. It was characterized by the widespread use of steam power, the development of new mining techniques, and the establishment of large-scale mining operations.

The revolution began in the 1760s, when the French government began to invest in the mining industry. This led to the development of new mining techniques, such as the use of steam power to pump water out of mines. This allowed miners to work in deeper mines, which were more profitable.

The revolution also led to the establishment of large-scale mining operations. These operations were able to produce large quantities of minerals, which were then used in a variety of industries, including manufacturing and transportation.

The revolution was also characterized by the widespread use of steam power. This was used to pump water out of mines, to power machinery, and to transport minerals. This made mining much more efficient and profitable.

The revolution also led to the development of new mining techniques. These techniques included the use of steam power to pump water out of mines, the use of explosives to blast open new veins, and the use of large-scale machinery to move minerals.

The revolution also led to the establishment of large-scale mining operations. These operations were able to produce large quantities of minerals, which were then used in a variety of industries, including manufacturing and transportation.

The revolution was a major turning point in the history of the mining industry. It led to the development of new mining techniques, the widespread use of steam power, and the establishment of large-scale mining operations.

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Portrait of a mining engineer.

Year	Event
1760	First use of steam power in mining.
1765	First use of explosives in mining.
1770	First use of large-scale machinery in mining.
1775	First use of steam power to pump water out of mines.
1780	First use of steam power to power machinery.
1785	First use of steam power to transport minerals.
1790	First use of steam power to power a mine.
1795	First use of steam power to power a mine.
1800	First use of steam power to power a mine.
1805	First use of steam power to power a mine.
1810	First use of steam power to power a mine.
1815	First use of steam power to power a mine.
1820	First use of steam power to power a mine.
1825	First use of steam power to power a mine.
1830	First use of steam power to power a mine.
1835	First use of steam power to power a mine.
1840	First use of steam power to power a mine.
1845	First use of steam power to power a mine.
1850	First use of steam power to power a mine.
1855	First use of steam power to power a mine.
1860	First use of steam power to power a mine.
1865	First use of steam power to power a mine.
1870	First use of steam power to power a mine.
1875	First use of steam power to power a mine.
1880	First use of steam power to power a mine.
1885	First use of steam power to power a mine.
1890	First use of steam power to power a mine.
1895	First use of steam power to power a mine.
1900	First use of steam power to power a mine.
1905	First use of steam power to power a mine.
1910	First use of steam power to power a mine.
1915	First use of steam power to power a mine.
1920	First use of steam power to power a mine.
1925	First use of steam power to power a mine.
1930	First use of steam power to power a mine.
1935	First use of steam power to power a mine.
1940	First use of steam power to power a mine.
1945	First use of steam power to power a mine.
1950	First use of steam power to power a mine.
1955	First use of steam power to power a mine.
1960	First use of steam power to power a mine.
1965	First use of steam power to power a mine.
1970	First use of steam power to power a mine.
1975	First use of steam power to power a mine.
1980	First use of steam power to power a mine.
1985	First use of steam power to power a mine.
1990	First use of steam power to power a mine.
1995	First use of steam power to power a mine.
2000	First use of steam power to power a mine.
2005	First use of steam power to power a mine.
2010	First use of steam power to power a mine.
2015	First use of steam power to power a mine.
2020	First use of steam power to power a mine.



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Einmal um Berlin: Die Stadt im Wandel

Die Stadt Berlin ist in den letzten Jahrzehnten stark gewachsen. Die Einwohnerzahl ist von ca. 3,5 Millionen im Jahr 2000 auf über 3,8 Millionen im Jahr 2020 gestiegen. Dies ist ein Anzeichen für die Attraktivität der Stadt als Wohnort. Die Stadtverwaltung hat verschiedene Maßnahmen ergriffen, um den städtischen Raum zu gestalten und die Lebensqualität zu verbessern. Dazu gehören die Förderung von Grünflächen, die Entwicklung von Wohnprojekten und die Verbesserung der öffentlichen Infrastruktur.

Die Stadt Berlin ist eine der größten Städte in Deutschland. Sie ist bekannt für ihre vielfältige Kultur, ihre historische Architektur und ihre lebendige Szene. Die Stadt hat eine lange Tradition als Zentrum der Kunst und der Wissenschaft. In den letzten Jahren hat sich die Stadt weiter entwickelt und ist zu einer der wichtigsten Städte in Europa geworden. Die Stadtverwaltung arbeitet daran, die Stadt zu einem noch attraktiveren Wohnort zu machen.

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History: The Great Plains and the West

The Great Plains and the West are two of the most important regions in American history. The Great Plains were the center of the American West, and the West was the center of the American West. The Great Plains and the West were the heart of the American West, and the West was the heart of the American West.

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Case Study

Case Study: The Role of the Teacher in the Classroom

The teacher is the central figure in the classroom. They are responsible for creating a safe and supportive environment for their students. They are also responsible for providing instruction and feedback to their students. The teacher's role is to guide their students through the learning process and to help them develop the skills and knowledge they need to succeed.

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Figure 1: A teacher standing in a classroom, looking at a student who is sitting at a desk.

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Health Information Systems Update

The Health Information Systems (HIS) Update is a quarterly publication that provides information on the latest developments in the field of health information systems. The update is published by the Health Information Systems Society (HIS Society) and is available to its members at a reduced rate. The update is also available to non-members at a regular rate. The update is published in both print and electronic formats. The print format is available in both hard copy and microfilm formats. The electronic format is available in both PDF and HTML formats. The update is published by the Health Information Systems Society (HIS Society) and is available to its members at a reduced rate. The update is also available to non-members at a regular rate. The update is published in both print and electronic formats. The print format is available in both hard copy and microfilm formats. The electronic format is available in both PDF and HTML formats.



Dr. John H. Garber
President, Health Information Systems Society

Key to the Health Information Systems Update

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How to Design an Environment for Employees

For the past 10 years, the design firm has been working on a variety of projects, including a new office building for a major corporation. The firm's goal is to create a workspace that is both functional and inspiring.

The firm's approach is to create a workspace that is both functional and inspiring. They focus on creating a space that is both functional and inspiring. They focus on creating a space that is both functional and inspiring.



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 2. **Title:** [Title]
 3. **Journal:** [Journal]
 4. **Volume:** [Volume]
 5. **Issue:** [Issue]
 6. **Page:** [Page]

Continuing to expand with regional manufacturing and distribution centers

As the industry's largest manufacturer of commercial and industrial doors, windows and glass partitions, we continue to expand our manufacturing and distribution footprint. In 2014, we opened a new manufacturing facility in Mexico, and a new distribution center in the United States. We are also planning to open a new manufacturing facility in the United States in 2015.

Our new manufacturing facility in Mexico is located in the state of Jalisco, near the border with the United States. This facility will allow us to serve our customers in the Mexican market more effectively, and will also provide us with a new source of raw materials.

Our new distribution center in the United States is located in the state of California, near the border with Mexico. This center will allow us to serve our customers in the United States more effectively, and will also provide us with a new source of raw materials.

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Two men in business suits standing together, one holding a folder or document.

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THE CHAMPIONSHIP/CHALLENGER CUP/POKER/BOULE/BOWLING/STREET HOCKEY/STREET FOOTBALL

Street football is a popular sport in many parts of the world, particularly in urban areas. It is a fast-paced game that involves a lot of physical contact and is often played in small spaces. The game is played with a ball that is made of a hard material, such as leather or rubber, and is often used for training purposes. Street football is a great way to stay fit and active, and it is also a fun way to spend time with friends.

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STREET HOCKEY/STREET FOOTBALL/STREET HOCKEY/STREET FOOTBALL

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Keywords: child sexual abuse; disclosure; social support; coping strategies



NEU!!!

Kurse im Ismailing!!!



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Ismailling ist ein...
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Ismailling ist ein...

Ismailling



fit