

2.5 cm.

บัณฑิตวิทยาลัย มหาวิทยาลัยมหิดล

Abstract Page
3.75 cm.

2.5 cm.

วิทยานิพนธ์ / จ

EFFECTS EXERCISE

ON THAIS

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ABSTRACT

2 cm. The weeks

balance program

on males

were In

exercise controlled

by weeks.

In activities

throughout their

balance skill

test,

2 cm. Balance and

control was

used significant

difference The

results was

demonstrated group

(P <). of

percent (P < ...).

The used

in this on

improving to

3.75 cm.

2.5 cm.

prevent ease
 to use anywhere,
 anytime program
 should people.

2 cm.
 ←→ In conclusion, both
 static during
 stand time

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IMPLICATION OF THE THESIS

2 cm.
 ←→

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KEY WORDS: XXXXXXXXXXXXXXXXXXXXXXXX / XXXXXXXX
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