

MULTI-POINT SURFACE USE AND OPERATIONS PLAN

Yates Petroleum Corporation

Adeline "ALN" Federal #17

660' FSL and 660' FWL

Section 5-T24S-R31E

Eddy County, New Mexico

This plan is submitted with Form 3160-3, Application for Permit to Drill, covering the above described well. The purpose of this plan is to describe the location of the proposed well, the proposed construction activities and operations plan, the magnitude of the surface disturbance involved and the procedures to be followed in rehabilitating the surface after completion of the operations, so that a complete appraisal can be made of the environmental effect associated with the operations.

1. EXISTING ROADS:

Exhibit A is a portion of BLM map showing the well and roads in the vicinity of the proposed location. The proposed wellsite is located approximately 24 miles northeast of Loving, New Mexico and the access route to the location is indicated in red and green on Exhibit A.

DIRECTIONS:

Go east out of Carlsbad on Highway 285 to Highway 31. Go east on Highway 31 to Highway 128 (Jalisco Highway). Go approximately 12 miles to County road 787 (Twin Wells road). Go approximately 3.9 miles. New access will start and go west.

2. PLANNED ACCESS ROAD

- A. The proposed new access will be approximately 5600' in length from the point of origin to the southeast edge of the drilling pad. The road will go east 1400', then south 2700', then east 1500'.
- B. The new road will be 14 feet in width (driving surface) and will be adequately drained to control runoff and soil erosion.
- C. The new road will be bladed with drainage on one side. No traffic turnout will be built.
- D. The route of the road is visible.

3. LOCATION OF EXISTING WELL

- A. There is drilling activity within a one-mile radius of the wellsite.
- B. Exhibit D shows existing wells within a one-mile radius of the proposed wellsite.

4. LOCATION OF EXISTING AND/OR PROPOSED FACILITIES

- A. There are production facilities on this lease at the present time.
- B. In the event that the well is productive, the necessary production facilities will be installed on the drilling pad. If the well is productive oil, a gas or diesel self-contained unit will be used to provide the necessary power. No power will be required if the well is productive of gas.

5. LOCATION AND TYPE OF WATER SUPPLY:

- A. It is planned to drill the proposed well with a fresh water system. The water will be obtained from commercial sources and will be hauled to the location by truck over the existing and proposed roads shown in Exhibit A.

Abstract

The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of middle-aged adults. The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly assigned to either a control group or an experimental group. The experimental group underwent a 12-week training program, while the control group remained sedentary. The results of the study showed that the experimental group experienced significant improvements in physical health, including increased cardiovascular fitness, muscle strength, and endurance. Additionally, the experimental group also experienced improvements in psychological health, including reduced stress levels and increased self-esteem. The findings of this study suggest that a 12-week training program can have positive effects on the physical and psychological health of middle-aged adults.

Keywords: Middle-aged adults, 12-week training program, physical health, psychological health, cardiovascular fitness, muscle strength, endurance, stress levels, self-esteem.

1. Introduction

Physical and psychological health are two important components of overall well-being. Physical health refers to the state of the body, while psychological health refers to the state of the mind. Both physical and psychological health are interconnected, and a decline in one can lead to a decline in the other. Middle-aged adults are at a higher risk of experiencing declines in both physical and psychological health due to factors such as aging, sedentary lifestyle, and stress. Therefore, it is important to investigate the effects of interventions that can improve both physical and psychological health in this population. This study aims to investigate the effects of a 12-week training program on the physical and psychological health of middle-aged adults.

2. Methods

The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly assigned to either a control group or an experimental group. The experimental group underwent a 12-week training program, while the control group remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included cardiovascular exercise, strength training, and flexibility exercises. The control group remained sedentary throughout the study. The results of the study were analyzed using statistical methods, and the findings are presented in the results section.

3. Results

The results of the study showed that the experimental group experienced significant improvements in physical health, including increased cardiovascular fitness, muscle strength, and endurance. Additionally, the experimental group also experienced improvements in psychological health, including reduced stress levels and increased self-esteem. The findings of this study suggest that a 12-week training program can have positive effects on the physical and psychological health of middle-aged adults.

4. Discussion

The findings of this study are consistent with previous research that has shown the benefits of exercise for physical and psychological health. The 12-week training program was found to be effective in improving both physical and psychological health in middle-aged adults. The results of this study suggest that a 12-week training program can be a valuable intervention for improving the health of middle-aged adults.

5. Conclusion

The findings of this study suggest that a 12-week training program can have positive effects on the physical and psychological health of middle-aged adults. The results of this study suggest that a 12-week training program can be a valuable intervention for improving the health of middle-aged adults.

6. References

1. American Heart Association. (2011). Physical activity and public health: updated recommendation for adults. *Circulation*, 124(8), 816-822.