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YD-AIK

Abstract

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Abstract

Figure 1

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Abstract 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 sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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The papers contained in this publication form the basis for the presentations made at the seminars held in November 1988 and the spring of 1989 Together with the information presented at the sessions they provide a broad appreciation of the municipal wastewater technology being developed at the wastewater Technology Centre in Burlington Ontario as of the Fall of 1988 **Classed Subject Catalog** Engineering Societies Library, 1971 Water Pollution Research and Control International Association of Water Pollution Research and Control. Conference, International Association on Water Pollution Research and Control. Conference, 1987 ERDA Energy Research Abstracts United States. Energy Research and Development Administration, 1976-05 *Nuclear Science Abstracts* ,1974 The Advocate ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

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