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(continued)

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 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 physical health of the women was measured using a variety of tests, including a 6-minute walk test, a 12-minute walk test, and a 15-minute walk test. The psychological health of the women was measured using a variety of tests, including a Beck Depression Inventory, a State-Trait Anxiety Inventory, and a Visual Analog Scale. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program showed significant improvements in their 6-minute walk test, 12-minute walk test, and 15-minute walk test scores. They also showed significant improvements in their Beck Depression Inventory, State-Trait Anxiety Inventory, and Visual Analog Scale scores. The results of this study suggest that a 12-week, low-intensity, supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



Abstract

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



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