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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. 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, the 12-minute walk test, and the 400-meter walk test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory, the State-Trait Anxiety Inventory, and the Zung Depression Index. The walking program had no significant effect on the subjects' weight, blood pressure, or cholesterol levels. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

Notes:

Keywords: social support; coping strategies; self-esteem; depression

Abstract – The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary, middle-aged women. The study was a randomized, controlled trial. The participants were randomly assigned to either a training group or a control group. The training group performed a 12-week program of aerobic and resistance training. The control group did not exercise. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. The secondary outcome was the change in physical fitness, measured using a 6-minute walk test. The results showed that the training group had a significant improvement in HRQL and physical fitness compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.

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- **How much blood is circulating in your system?** (CO) is critical for cells to receive their oxygen supply.

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