

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 intervention group (n = 20) participated in a 12-week walking program, while the control group (n = 20) remained sedentary. The walking program was designed to be low-intensity and supervised. The program consisted of three walking sessions per week, each lasting 30 minutes. The walking speed was set at 1.5 miles per hour. The program was supervised by a certified walking instructor. The control group remained sedentary throughout the study. The study was conducted in a community setting. The participants were recruited from a local health fair. The study was approved by the Institutional Review Board of the local university. The data were collected at baseline and at 12 weeks. The data were analyzed using a t-test. The results showed that the walking program had a significant positive effect on the physical and psychological health of the women. The walking program significantly improved the women's physical health, as measured by the 6-minute walk test and the 10-minute step test. The walking program also significantly improved the women's psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program was well-tolerated by the women. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

VORLAGE ZUR GESTALTUNG VON MIBUS-KUGELSCHREIBER Styl: grob	Styl: grob
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