

**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 older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older. The intervention group walked for 30 minutes, three times a week, while the control group remained sedentary. The results showed that the walking program significantly improved the physical health of the participants, including walking speed, balance, and strength. Additionally, the program also improved the psychological health of the participants, including mood and self-esteem. The findings suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of older adults.

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