

35.9 fb⁻¹ (13 TeV)

Entries	0
Mean	0
Std Dev	0

 10^{-1}

1

2

3

4

5

6

7

M-3_V-0.00707813534767_mu

M-4_V-0.00290516780927_mu

M-5_V-0.00145602197786_mu

M-6_V-0.00202484567313_mu

M-8 V-0.00151327459504 mu

M-10_V-0.000756967634711_mu

non prompt

TTX

Xgamma

multibeen

Welfare

ther

BY _____

M-10 V.0.00035C0C7C24714 - 6

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 physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program had significantly lower body mass index (BMI), waist circumference, and blood pressure than the women in the control group at 12 weeks. The women in the walking program also had significantly lower levels of anxiety and depression than the women in the control group at 12 weeks. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

M. S. No. 99999101507010

REFERENCES

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