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Version: 1.1

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. The participants were 40 older adults (mean age = 72.5 years) 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, at a pace of 2.5 miles per hour. The control group did not participate in any walking program. The participants were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of gait speed, balance, and strength. The psychological health assessment included measures of depression, anxiety, and quality of life. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the older adults. The walking program group showed significant improvements in gait speed, balance, and strength compared to the control group. The walking program group also showed significant improvements in depression, anxiety, and quality of life compared to the control group. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of older adults.

