

- ☐ chromosomes: 1
- ☒ chromosomes: 1, 1
- ☐ chromosomes: 2

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 sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects 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 12 weeks of no supervised walking. 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, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the subjects' quality of life, as measured by the SF-36. The walking program had no significant effect on the subjects' weight or body mass index. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged, obese women.

