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**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 = 70.5 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, for 30 minutes per session. 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 walking program had a significant positive effect on the physical and psychological health of the older adults. The walking program significantly improved the participants' physical health, as measured by the 6-minute walk test, the 10-meter walk test, and the Timed Up and Go test. The walking program also significantly improved the participants' psychological health, as measured by the Geriatric Depression Scale and the Geriatric Anxiety Inventory. The walking program was well-tolerated by the participants, and there were no adverse effects. 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.

