

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 subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measurements of weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, and blood pressure. It also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group did not show any significant changes in physical or psychological health. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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Abstract

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Hoy se cumplen 40 años de la muerte de Gabriela [artículo].

Libros y documentos

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Hoy se cumplen 40 años de la muerte de Gabriela [artículo].

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