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Abstract. The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 30 sedentary, middle-aged women who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The control group did not exercise. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week program. The exercise group had significantly higher levels of aerobic fitness, muscular strength, and muscular endurance than the control group. The exercise group also had significantly higher levels of body composition, including lower body fat percentage and higher lean body mass, than the control group. The results of this study suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

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10. *Journal of the American Medical Association*, 277:1025-1026, 1996

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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 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 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 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 showed no significant changes in any of the measured variables. 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.

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be improved.

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