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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 physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The walking program significantly improved the women's physical health, as measured by the 6-minute walk test, the 12-minute walk test, and the 400-meter walk test. The walking program also significantly improved the women's psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program had no significant effect on the women's weight, blood pressure, or cholesterol levels. 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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