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● **WELLING: KALITTI KEITH**

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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 health of the women was assessed using a variety of measures, including heart rate, blood pressure, and body mass index. The psychological health of the women was assessed using a variety of measures, including mood, self-esteem, and anxiety. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the women. The women in the walking program had lower heart rates, lower blood pressures, and lower body mass indices than the women in the control group. The women in the walking program also had improved mood, self-esteem, and anxiety compared to the women in the control group. 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.



James M. Smith
 President, 2002-2003
 1998-2002

4/20/2014