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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. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had 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 sedentary, middle-aged women.

Notes:

Keywords: *depression, mood, anxiety, self-esteem, self-efficacy, self-compassion, self-kindness, self-compassion meditation, self-compassion training, self-compassion practice, self-compassion exercises, self-compassion techniques, self-compassion interventions, self-compassion programs, self-compassion apps, self-compassion books, self-compassion videos, self-compassion podcasts, self-compassion courses, self-compassion workshops, self-compassion retreats, self-compassion groups, self-compassion community, self-compassion support, self-compassion resources, self-compassion tools, self-compassion guides, self-compassion manuals, self-compassion worksheets, self-compassion handouts, self-compassion cards, self-compassion posters, self-compassion infographics, self-compassion e-books, self-compassion audiobooks, self-compassion webinars, self-compassion seminars, self-compassion conferences, self-compassion events, self-compassion programs, self-compassion courses, self-compassion workshops, self-compassion retreats, self-compassion groups, self-compassion community, self-compassion support, self-compassion resources, self-compassion tools, self-compassion guides, self-compassion manuals, self-compassion worksheets, self-compassion handouts, self-compassion cards, self-compassion posters, self-compassion infographics, self-compassion e-books, self-compassion audiobooks, self-compassion webinars, self-compassion seminars, self-compassion conferences, self-compassion events*

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- They investigated the relationship between age and IQ, and whether the change between these groups would
- and all being with three experimental conditions. They were all children in the same class, and with a

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A Five-Year Study of the First Edition of the Core-Plus Mathematics Curriculum Harold Schoen, Steven W. Ziebarth, Christian R. Hirsch, Allison BrckaLorenz, 2010-07-01 The study reported in this volume adds to the growing body of evaluation studies that focus on the use of NSF funded Standards based high school mathematics curricula Most previous evaluations have studied the impact of field test versions of a curriculum Since these innovative curricula were so new at the time of many of these studies students

and teachers were relative novices in their use These earlier studies were mainly one year or less in duration Students in the comparison groups were typically from schools in which some classes used a Standards based curriculum and other classes used a conventional curriculum rather than using the Standards based curriculum with all students as curriculum developers intended The volume reports one of the first studies of the efficacy of Standards based mathematics curricula with all of the following characteristics The study focused on fairly stable implementations of a first edition Standards based high school mathematics curriculum that was used by all students in each of three schools It involved students who experienced up to seven years of Standards based mathematics curricula and instruction in middle school and high school It monitored students mathematical achievement beliefs and attitudes for four years of high school and one year after graduation Prior to the study many of the teachers had one or more years of experience teaching the Standards based curriculum and or professional development focusing on how to implement the curriculum well In the study variations in levels of implementation of the curriculum are described and related to student outcomes and teacher behavior variables Item data and all unpublished testing instruments from this study are available at www.wmich.edu/cmpmp for use as a baseline of instruments and data for future curriculum evaluators or Core Plus Mathematics users who may wish to compare results of new groups of students to those in the present study on common tests or surveys Taken together this volume the supplement at the CPMP Web site and the first edition Core Plus Mathematics curriculum materials samples of which are also available at the Web site serve as a fairly complete description of the nature and impact of an exemplar of first edition NSF funded Standards based high school mathematics curricula as it existed and was implemented with all students in three schools around the turn of the 21st century

Common Core Mathematics in a PLC at Work TM, High School Timothy D. Kanold, 2012-05-09 This teacher guide illustrates how to sustain successful implementation of the Common Core State Standards for mathematics for high school Discover what students should learn and how they should learn it Comprehensive research affirmed analysis tools and strategies will help you and your collaborative team develop and assess student demonstrations of deep conceptual understanding and procedural fluency

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Educational Series, Lawrence S. Leff, Christina Pawlowski-Polanish, 2021-09-07 Previously published under the titles Precalculus the easy way and E Z precalculus *Pre-Calculus All-in-One For Dummies* Mary Jane Sterling, 2023-10-10 The easy way to understand and retain all the concepts taught in pre calculus classes Pre Calculus All in One For Dummies is a great resource if you want to do you best in Pre Calculus Packed with lessons examples and practice problems in the book plus extra chapter quizzes online it gives you absolutely everything you need to succeed in pre calc Unlike your textbook this book presents the essential topics clearly and concisely so you can really understand the stuff you learn in class score high on your tests including the AP Pre Calculus exam and get ready to confidently move ahead to upper level math courses And if you need a refresher before launching into calculus look no further this book has your back Review what you learned in algebra and geometry then dig into pre calculus Master logarithms exponentials conic sections linear equations and beyond Get easy to understand explanations that match the methods your teacher uses Learn clever shortcuts test taking tips and other hacks to make your life easier Pre Calculus All in One For Dummies is the must have resource for students who need to review for exams or just want a little or a lot of extra help understanding what s happening in class *CliffsQuickReview Precalculus* W. Michael Kelley, 2011-09-19 CliffsQuickReview course guides cover the essentials of your toughest classes You re sure to get a firm grip on core concepts and key material and be ready for the test with this guide at your side Whether you re new to functions analytic geometry and matrices or just brushing up on those topics CliffsQuickReview Precalculus can help This guide introduces each topic defines key terms and walks you through each sample problem step by step In no time you ll be ready to tackle other concepts in this book such as Arithmetic and algebraic skills Functions and their graphs Polynomials including binomial expansion Right and oblique angle trigonometry Equations and graphs of conic sections Matrices and their application to systems of equations CliffsQuickReview Precalculus acts as a supplement to your textbook and to classroom lectures Use this reference in any way that fits your personal style for study and review you decide what works best with your needs You can either read the book from cover to cover or just look for the information you want and put it back on the shelf for later What s more you can Use the free Pocket Guide full of essential information Get a glimpse of what you ll gain from a chapter by reading through the Chapter Check In at the beginning of each chapter Use the Chapter Checkout at the end of each chapter to gauge your grasp of the important information you need to know Test your knowledge more completely in the CQR Review and look for additional sources of information in the CQR Resource Center Use the glossary to find key terms fast With titles available for all the most popular high school and college courses CliffsQuickReview guides are a comprehensive resource that can help you get the best possible grades *Precalculus* Judith A. Beecher, Judith A. Penna, Marvin L. Bittinger, 2011-11-21 This is the eBook of the printed book and may not include any media website access codes or print supplements that may come packaged with the bound book Beecher Penna and Bittinger s Precalculus A Right Triangle Approach is known for enabling students to see the math through its focus on visualization

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