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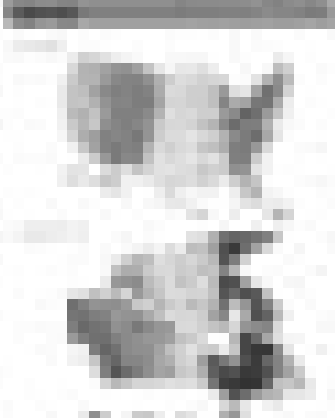
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**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects 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, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the women's 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.



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# Rca Tc1501 Mp3 Players Owners Manual

**RCA Corporation. Solid State Division**



## **Rca Tc1501 Mp3 Players Owners Manual:**

*User Manual for the Unbranded MP4 Player with AMV Video* Sean Snyder, 2008-01-10 Read the feedback we have received on this user manual for MP3 and MP4 players awesome finally got my mp3 player to work thanks That is the information that thousands of people are looking for This product saved my life I was ready to throw my MP4 Player against the wall A Great book easy to follow instructions With this manual and the instructions I was able to work with my mp3 4 thanks Manual seems very useful indeed Thanks The manual was so understanding The best money I ever spent Thank you He has accumulated needed info for Chinapod great purchase Clear directions for using generic MP3 player Thank you Great so nice to have English that actually makes sense SaaWEEEEET Thanks so much for the info Thanks Your Product Helped Out A Ton Great Purchase INDESPENSIBLE for these chinese mp3 players GREAT PRODUCT thanks With my User Manual you will also be able to download all the software that you need saving you a ton of money Learn how to convert YouTube videos google video Apple Quicktime RealMedia DVD Windows Media Video AVI 3gp 3g3 flv gvi iphone ipod m4v mov mp4 mpg ogg rm rmvb vob Learn how to extend the battery life How to adjust the settings what programs are best for music management Learn how to convert and load those eBooks you have You will learn troubleshooting techniques including how to fix problems like Disk error Disk Empty Songs only playing for a few seconds e t c Record and save voice recordings Learn how to get the device from turning itself off when you don t want it to With my easy to follow instructions you will be loading and watching videos listening to music using the voice recorder reading eBooks even recording music from your favorite radio stations Instruction Manual for the RCA COSMAC Evaluation Kit CDP185020 and the EK/Assembler-Editor Design Kit CDP185024 RCA Corporation. Solid State Division, 1978 *RCA Receiving Tubes Manual RC-14* None Listed, 1999

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