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CONCLUSIONS

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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 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 supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



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Samsung Sch U37user Guide

Scott La Counte

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Samsung Sch U37user Guide:

Samsung Galaxy S20 For Seniors Scott La Counte,2020-08-14 You got a Galaxy Where s the manual Smartphones are great When you know how to use them But what if you are new to Galaxy Perhaps you had another Android phone Or an iPhone Or maybe you had an ancient Windows phone and this is your first upgrade in years Don t worry This guide has you covered There are plenty of guides that will tell you every single thing the phone does They re great doorstops This guide is for people who need the basics and they need them quick If you are looking for something comprehensive that tells you how to side load apps and do things the average person who never do then keep looking But if you need something that will help you get started then read on Inside you ll learn about What makes Galaxy different from iOS Android and other smartphones Setting up your phone Making calls Installing apps Accessibility features Using the camera Surfing the Internet Changing system settings And much more This guide also includes a bonus guide on using Gmail NOTE This guide is not endorsed by Samsung and should be considered unofficial *A Simple Guide to Using the Samsung Galaxy A52 for Beginners and Seniors* Dylan Blake,2021-06-02

If you re a SENIOR or anyone in search of an easy step by step guide then this user manual is for you This user guide is a must have for anyone who wants to know how to really operate the Galaxy A52 5G and A72 smartphones A recent survey showed that more than 80% of Samsung users under use their mobile devices To help you maximize all the features of your device you d need an easy to follow user guide This manual will provide you with all the information you need to use your smartphone like a pro Made simple for you This book is a comprehensive user manual with clear step by step illustrations to guide you through mastering your new device When you get this book you d learn how to Power on your device Set up your Galaxy A52 smartphone Lock and Unlock your device Use biometric security Remap the side key Disable enable and customize Bixby Use the superfast charging on your device Transfer old files and data easily Customize notification features Customize the home screen Effectively use Always On Display Use the camera options like a pro Use the pin window feature Enable lift to wake Maximize battery life of your device Enable Eye comfort shield Troubleshoot common problems And so much more This book is designed to equip you with all you need to navigate through your phone like a pro Get a copy now by scrolling up and tapping the buy button **Samsung Galaxy** Hannah Westlake,2018

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