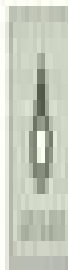


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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects 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 had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



THE NEW YORK TIMES (1997) "The book is a masterpiece of research and writing. It is a must-read for anyone who is interested in the history of the world." **THE NEW YORK TIMES** (1997) "The book is a masterpiece of research and writing. It is a must-read for anyone who is interested in the history of the world."



THESE RESULTS ARE THE FIRST OF THEIR KIND, AND THEY COME FROM A STUDY THAT WAS CONDUCTED BY A TEAM OF RESEARCHERS AT THE UNIVERSITY OF CALIFORNIA, BERKELEY. THE STUDY WAS DESIGNED TO EXAMINE THE EFFECTS OF A SPECIFIC TYPE OF EXERCISE ON THE HEART RATE OF A GROUP OF PEOPLE WHO WERE NOT USED TO EXERCISING. THE RESEARCHERS FOUND THAT THE HEART RATE OF THE PEOPLE WHO WERE EXERCISING IN THE WATER WAS LOWER THAN THE HEART RATE OF THE PEOPLE WHO WERE EXERCISING ON LAND. THIS IS BECAUSE THE WATER PROVIDES A RESISTANCE THAT IS EASIER TO MOVE THROUGH THAN THE AIR. THE RESEARCHERS ALSO FOUND THAT THE PEOPLE WHO WERE EXERCISING IN THE WATER WERE ABLE TO EXERCISE FOR A LONGER PERIOD OF TIME THAN THE PEOPLE WHO WERE EXERCISING ON LAND. THIS IS BECAUSE THE WATER PROVIDES A SUPPORT THAT REDUCES THE IMPACT ON THE JOINTS. THE RESEARCHERS CONCLUDE THAT SWIMMING IS A GOOD WAY TO EXERCISE FOR PEOPLE WHO ARE NOT USED TO EXERCISING.

1. **Identify the main topic of the passage.**
 2. **Identify the main purpose of the passage.**
 3. **Identify the main idea of the passage.**
 4. **Identify the main theme of the passage.**
 5. **Identify the main message of the passage.**

Figure 1

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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.



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 physical health assessment included measurements of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. 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.



THE UNIVERSITY OF CHICAGO Press

Abstract The purpose of this study was to examine the relationship between self-esteem and social support in a sample of adolescents. The results showed that self-esteem and social support were positively related. The findings suggest that interventions aimed at improving self-esteem may also lead to increased social support.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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