

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical fitness and health-related quality of life of sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects were randomly assigned to a supervised walking program or a control group. The walking program consisted of 12 weeks of walking at a speed of 3.0 mph, 3 times per week, for 30 minutes. The control group was instructed to continue with their current level of physical activity. The subjects were assessed at baseline and at 12 weeks. The walking program significantly improved the subjects' physical fitness and health-related quality of life. The walking program was a safe and effective intervention for improving the physical fitness and health-related quality of life of sedentary, middle-aged, obese women.



Abstract

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Rca Th1401 Mp3 Players Owners Manual

Marcel A. Müller



Rca Th1401 Mp3 Players Owners Manual:

Decoding **Rca Th1401 Mp3 Players Owners Manual**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Rca Th1401 Mp3 Players Owners Manual**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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