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

[illegible]

Keywords: *depression; mood disorders; risk factors*

Source: <http://www.fishbase.org> (Accessed 12/12/2010).

Abstract

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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 developmental stages. They were all children in the same family and were

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1. Understanding the eBook Precalculus Hs Math Unit 1lesson 01
 - The Rise of Digital Reading Precalculus Hs Math Unit 1lesson 01
 - Advantages of eBooks Over Traditional Books
2. Identifying Precalculus Hs Math Unit 1lesson 01
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Precalculus Hs Math Unit 1lesson 01
 - User-Friendly Interface
4. Exploring eBook Recommendations from Precalculus Hs Math Unit 1lesson 01
 - Personalized Recommendations
 - Precalculus Hs Math Unit 1lesson 01 User Reviews and Ratings
 - Precalculus Hs Math Unit 1lesson 01 and Bestseller Lists
5. Accessing Precalculus Hs Math Unit 1lesson 01 Free and Paid eBooks
 - Precalculus Hs Math Unit 1lesson 01 Public Domain eBooks
 - Precalculus Hs Math Unit 1lesson 01 eBook Subscription Services
 - Precalculus Hs Math Unit 1lesson 01 Budget-Friendly Options

6. Navigating Precalculus Hs Math Unit 1lesson 01 eBook Formats
 - ePub, PDF, MOBI, and More
 - Precalculus Hs Math Unit 1lesson 01 Compatibility with Devices
 - Precalculus Hs Math Unit 1lesson 01 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Precalculus Hs Math Unit 1lesson 01
 - Highlighting and Note-Taking Precalculus Hs Math Unit 1lesson 01
 - Interactive Elements Precalculus Hs Math Unit 1lesson 01
8. Staying Engaged with Precalculus Hs Math Unit 1lesson 01
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Precalculus Hs Math Unit 1lesson 01
9. Balancing eBooks and Physical Books Precalculus Hs Math Unit 1lesson 01
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Precalculus Hs Math Unit 1lesson 01
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Precalculus Hs Math Unit 1lesson 01
 - Setting Reading Goals Precalculus Hs Math Unit 1lesson 01
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Precalculus Hs Math Unit 1lesson 01
 - Fact-Checking eBook Content of Precalculus Hs Math Unit 1lesson 01
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
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