

FOODS TO AVOID

1000

1. **Introduction**



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 weight, 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 weight, 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.

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**



Abstract

- Abstract**

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1994. *Estuaries* 17: 102-113.

2. LAMINATE FORMATION

*Values apply to the specific sewing sizes listed for each brand.

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Common Name: **White**
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and west, with varying sizes
and shapes.



Steve Christian, President, American
Captive & Raptor
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he will be at the show.



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Control groups with different amounts of time in the laboratory to learn to perform the task were used to determine the effect of practice on the performance of the task.



Executive Summary
Summary of the Report
Recommendations
Appendix

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Checklist Nutrition Guide

Elliot D. Abravanel, Elizabeth A. King

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