

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 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 subjects in the walking program had significantly lower BMI, waist circumference, and blood pressure compared to the control group. The subjects in the walking program also had significantly higher self-esteem, lower anxiety, and lower depression compared to the control group. 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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1999. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38, 10, 1245-1252.

2. LITERATURE SURVEY

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

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**Flamingo Burger with
Ranch and Cheese**
Large portion from the buffet
restaurant inside the hotel.



University Researcher Offers Key Findings—A professor at the University of Illinois at Chicago has found that people who are more socially active are more likely to be healthy and live longer.



Directed by Giovanni D'Ercole
 (Napoli 2000) (L'Espresso)
 Massimo Sestini / g.d'Ercole@espresso.it



Summer Soups—with
beefing and vegetables
dishes—average 2 cups each
and float with beef and
vegetables.



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Checklist Nutrition Guide

Brendan G. Carr

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

Checklist Nutrition Guide:

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