

FOODS TO AVOID

100

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



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 physical and psychological health of the subjects was assessed at baseline and at 12 weeks. 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 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 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.

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- **Training** – **Education**
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Honey and Butter**
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into a bowl. Drizzle with honey
and butter.



Ultimate Smoothie Series
 Each high in protein and healthy fats, these smoothies are perfect for post-workout recovery or as a meal replacement.



Produced by Raymond S. Smith
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 "great work" director



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Journal of the American Dietetic Association



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Checklist Nutrition Guide

Michael Brown

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

Checklist Nutrition Guide:

Eventually, you will categorically discover a new experience and execution by spending more cash. yet when? complete you admit that you require to get those all needs later having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more just about the globe, experience, some places, as soon as history, amusement, and a lot more?

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