

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 subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measures 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 BMI, waist circumference, and blood pressure. It also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group showed no significant changes in any of the measures. 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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 6. **References**



Abstract

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1. **Introduction**  
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 3. **Results**  
 4. **Discussion**  
 5. **Conclusion**



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# Checklist Nutrition Guide

**Jenny Ridgwell**



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