
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 randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of walking, 3 times per week, for 30 minutes per session. The control group was instructed to continue with their current level of activity. The subjects were assessed at baseline and at 12 weeks. The walking program resulted in significant improvements in physical and psychological health compared to the control group. The walking program was safe and effective for improving the health of sedentary, middle-aged women.

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