

-
- The image shows four smartphones arranged horizontally. The first phone on the left displays a digital clock showing 1:00. The second phone displays a green screen with a large white number 340. The third phone displays a list of items, possibly a shopping list or a menu. The fourth phone displays a document or a form with various fields and text.

1991. *Journal of the American Academy of Child and Adolescent Psychiatry*, 30, 10, 1293-1300.



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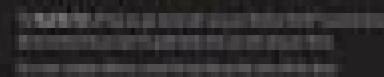
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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects 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. 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 fitness, 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 had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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Htc Touch Quick Start Guide

Raffaela Di Napoli

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.

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