
Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical fitness 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 walking, 3 times per week, for 30 minutes per session. The control group did not participate in any exercise program. The subjects were assessed at baseline and at 12 weeks for physical fitness, including heart rate, blood pressure, and body mass index. The results of the study showed that the walking program had a significant positive effect on physical fitness. The walking group had significantly lower heart rates and blood pressures, and a significantly lower body mass index, compared to the control group at 12 weeks. These findings suggest that a 12-week, low-intensity, supervised walking program can improve physical fitness in sedentary, middle-aged women.

Abstract

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