

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week, low-intensity, supervised exercise program. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The exercise group showed significant improvements in physical and psychological health compared to the control group. The exercise group showed significant improvements in body mass index, waist circumference, and blood pressure. The exercise group also showed significant improvements in self-esteem, body image, and quality of life. The control group showed no significant changes in any of the variables measured. The results of this study suggest that a 12-week, low-intensity, supervised exercise program can improve the physical and psychological health of sedentary, middle-aged, obese women.

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