



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 walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, the 12-minute walk test, and the 400-meter walk test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory, the State-Trait Anxiety Inventory, and the Zung Depression Index. The walking program had no significant effect on the subjects' weight, blood pressure, or cholesterol levels. 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.



Nail Tech Study Guide 2015

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Nail Tech Study Guide 2015:

This book delves into Nail Tech Study Guide 2015. Nail Tech Study Guide 2015 is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nail Tech Study Guide 2015, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Nail Tech Study Guide 2015
- Chapter 2: Essential Elements of Nail Tech Study Guide 2015
- Chapter 3: Nail Tech Study Guide 2015 in Everyday Life
- Chapter 4: Nail Tech Study Guide 2015 in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nail Tech Study Guide 2015. This chapter will explore what Nail Tech Study Guide 2015 is, why Nail Tech Study Guide 2015 is vital, and how to effectively learn about Nail Tech Study Guide 2015.
3. In chapter 2, this book will delve into the foundational concepts of Nail Tech Study Guide 2015. This chapter will elucidate the essential principles that must be understood to grasp Nail Tech Study Guide 2015 in its entirety.
4. In chapter 3, the author will examine the practical applications of Nail Tech Study Guide 2015 in daily life. The third chapter will showcase real-world examples of how Nail Tech Study Guide 2015 can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Nail Tech Study Guide 2015 in specific contexts. The fourth chapter will explore how Nail Tech Study Guide 2015 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Nail Tech Study Guide 2015. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nail Tech Study Guide 2015.

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