

Keywords: *Disability, Mental health, Social stigma, Social support, Self-esteem, Self-efficacy, Coping, Quality of life*

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 physical and psychological health of the women was assessed at baseline and at 12 weeks. The results showed that the walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program showed significant improvements in cardiovascular fitness, body composition, and psychological well-being compared to the control group. The results suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

Lesson 1: The Fundamentals of Marketing

Abstract

*Minimum 100 words required for each response. Please provide a minimum of 100 words for each response. Please provide a minimum of 100 words for each response.

Dr. Michael E. Johnson, The Graduate Center, City University of New York, 365 5th Avenue, 10th Floor, New York, NY 10016-4309

- [illegible]

Abstract: *Abstracts of the papers presented at the symposium are included in this section.*

1. Detail Characteristics of Process, Inputs, and the Outputs of the integrated subsystem as well as boundary conditions and assumptions.

2. The total of all the responses for the respondents of the different countries

12. Check the pH of the CO_2 -saturated solution at equilibrium and record the temperature and the pH of the solution. The pH of the CO_2 -saturated solution is 5.6 and the temperature is 25.0 $^\circ\text{C}$.

Michigan Release: Their essential importance will be described in the coming days. Michigan will be

1. **Context:** The *International Journal of Gerontology* is a journal of research on aging, published by the International Society on Aging.

7. *Comment:* There were several differences in perceived direction of the relationship of the variables, and

12. Checkall: I am able to understand the importance of maintaining the relationship between the government and the citizens and the importance of maintaining the relationship between the government and the citizens.

Reimagining the modern library of kids around the country that opened in 2015.

11. How did the Agricultural Revolution and following coal-burning industrial revolution affect the way people lived and worked?

compared, changed from 2000-2009. It is an individual-level measure, identifying people in need of services used at any time.

- about other fundamental philosophical issues. (Carnap's *Logic of Foundations* is a fine example of a book in which Carnap's ideas are presented in a clear and accessible way.)

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