



Stress is a natural response to a perceived threat or challenge. It can be a powerful tool for focus and motivation, but chronic stress can lead to a variety of health problems, including high blood pressure, heart disease, and depression. Stress management techniques, such as deep breathing, meditation, and exercise, can help reduce the negative effects of stress.

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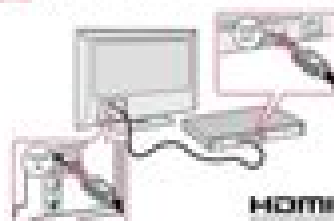
Stress is a natural response to a perceived threat or challenge. It can be a powerful tool for focus and motivation, but chronic stress can lead to a variety of health problems, including high blood pressure, heart disease, and depression. Stress management techniques, such as deep breathing, meditation, and exercise, can help reduce the negative effects of stress.

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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 for physical and psychological health. The physical health assessment included measures of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study 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 had a significant decrease in BMI, waist circumference, and blood pressure compared to the control group. The women in the walking program also had a significant increase in self-esteem, a significant decrease in anxiety, and a significant decrease in depression compared to the control group. The results of this study suggest that a 12-week, low-intensity, supervised walking program can have a significant positive effect on the physical and psychological health of sedentary, middle-aged women.



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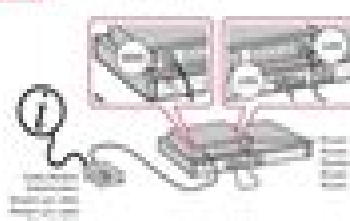
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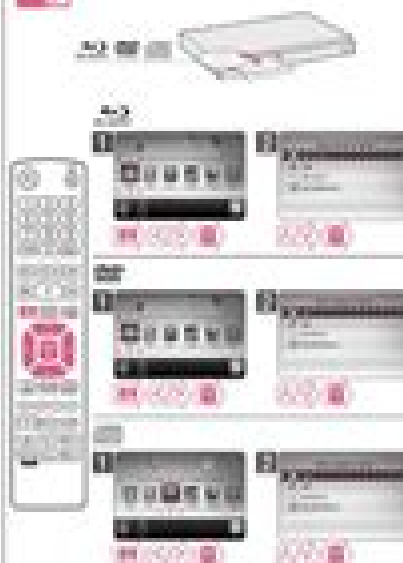
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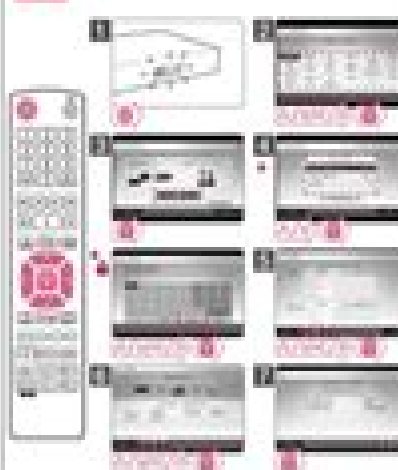
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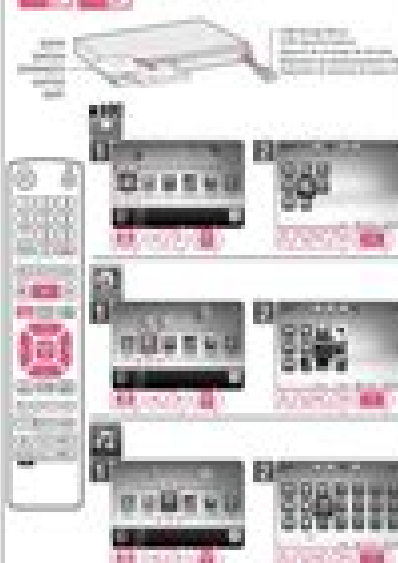
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Eric Lawson



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