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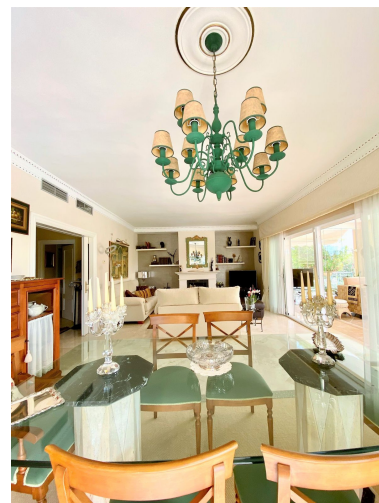
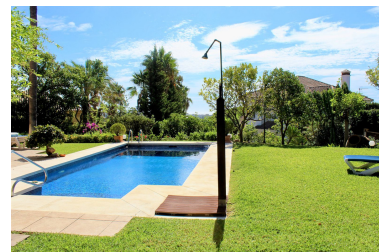
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Abstract: The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 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, at a pace of 3.0 to 3.5 miles per hour. The control group consisted of 12 weeks of no supervised walking. The subjects were assessed at baseline and at 12 weeks. The physical health outcomes were measured by the 6-minute walk test, the 10-minute step test, and the 12-minute step test. The psychological health outcomes were measured by the Beck Depression Inventory (BDI) and the State-Trait Anxiety Inventory (STAI). The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the 6-minute walk test, the 10-minute step test, and the 12-minute step test. The walking program also significantly improved the BDI and the STAI. 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.

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