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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. 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, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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■■■■■■■■■■:spectacular villa for sale in Sierrazuela entering through the main gate there is parking for 4 cars and a garage for 6 futher vehicles on the lower level there is a bar, games room, fire place and sauna the front door is at street level on this loevel is a kitchen with breakfast seating area large lounge, dining area, washroom and en suite bedroom. also on this level there are several terraces some covered, the views are sea and moutain views 1st floor there are 2 bedrooms which share a bathroom and also the master with ensuite, dressing area and patio. outside there is a bbq area, pool and lawn. the villa boasts underfloor heating in bathrooms, solar pawner for hot water and air conditioning Detached Villa, Mijas Costa, Costa del Sol. 4 Bedrooms, 3 Bathrooms, Built 520 m², Garden/Plot 1027 m². Setting : Close To Shops, Close To Schools, Urbanisation. Orientation : South East. Condition : Excellent. Pool : Private. Climate Control : Air Conditioning, Hot A/C, Cold A/C, U/F Heating. Views : Sea, Mountain, Panoramic. Furniture : Part Furnished. Garden : Private. Security : Gated Complex, Electric Blinds, Entry Phone, Alarm System, Safe. Parking : Underground, Garage, More Than One. Utilities : Electricity, Drinkable Water. Category : Luxury.

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