



产品碳足迹声明

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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 women, 40-55 years of age, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a walking program or a control group. The walking program consisted of walking for 30 minutes, 3 times per week, for 12 weeks. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the subjects' physical and psychological health. The walking program significantly improved the subjects' cardiovascular fitness, as measured by the 6-minute walk test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program had no significant effect on the subjects' weight or body mass index. 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.