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Abstract *—* **Introduction:** 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. **Methods:** Twenty-four sedentary women (mean age = 48.5 years) were recruited from a community-based sample. They were randomly assigned to either a supervised walking program or a control group. The walking program consisted of three sessions per week, each lasting 30 minutes, at a pace of 2.5 miles per hour. The control group was instructed to continue with their current level of activity. **Results:** After 12 weeks, the walking group showed significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Additionally, the walking group reported significant improvements in mood and self-esteem. **Conclusion:** A 12-week, low-intensity, supervised walking program can effectively improve the physical and psychological health of sedentary, middle-aged women.



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Developing the engagement requires ongoing relationship building, not one-time, top-down assignments. Although top management provides resources that support the plan, much of the engagement savings and connectivity (the green parts) will come from middle management activities.

Table 10.1. Current programs provided for each business sector in the metropolitan South with all the records referred to by the pages of the company's programming material in that sector (there is no table for the manufacturing sector since there were no programs, and the other two of them a mixture of both shop and home programming components, with a separate section for the home and a combined manufacturing section).

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