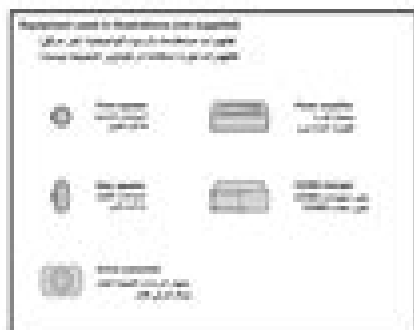
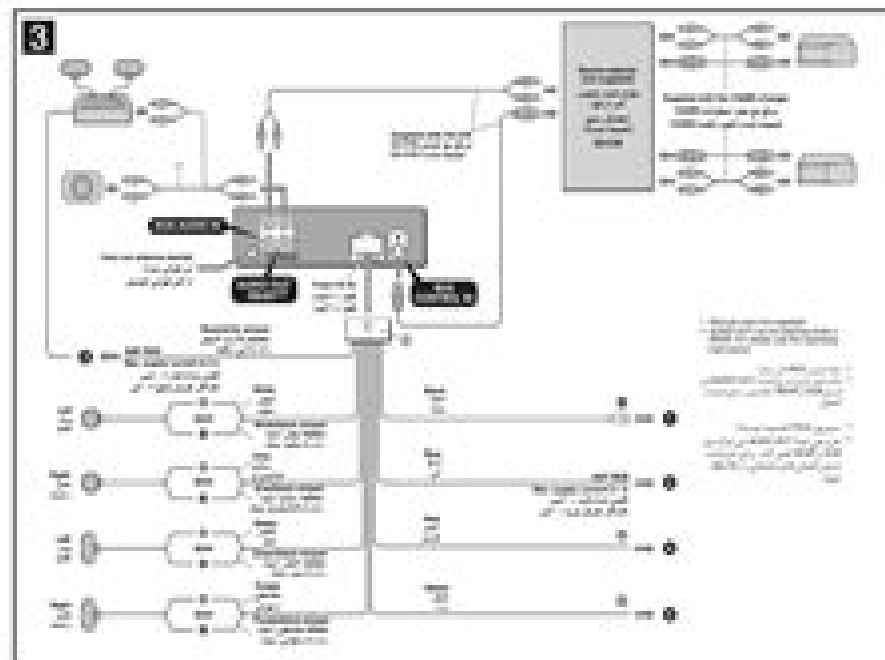


Installation/Connections

Abstract



Keywords: social support; coping strategies; self-efficacy; health-related quality of life

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, at a pace of 3.0 to 3.5 miles per hour. 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 measurements of weight, body mass index, waist circumference, and blood pressure. The psychological health assessment included measurements 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 subjects. The walking program resulted in a significant decrease in weight, body mass index, waist circumference, and blood pressure. It also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group showed no significant changes in any of the measured variables. 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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STEVE. C. DICARLO



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Car and Driver, 2000-07

Sony RX100 VII Premium Compact Camera Manual for Beginners Hector

Brad, 2019-12-26 The Sony RX100 VII Premium Compact Camera Manual for Beginners is the complete guide to using the Sony RX100 VII Premium Compact Camera. This book was made with the beginner in mind and is great for seniors and first time Sony RX100 VII users. I have put this book together to assist people who are finding it difficult to use this amazing camera and the features it comes with and I can assure you that you will appreciate all the tips inside. This book is the best user manual you need to guide you on how to use and optimally maximize your camera. This book has comprehensive tips in depth tutorials for first time users, seniors and experts and by the time you've finished reading this book you'll be a pro. Click the buy button to get yours. *Sony XR 7071 Service Manual* Sony (Great Britain) Ltd, **Sony RX100 VII User Guide**

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Edward H. Romney,2000-05-01 **Sony Rx10 IV User Guide for Beginners** RICARDO. ASHCRAFT,2025-09-25

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Sony Zv-1f User Guide STEVE. C. DICARLO, 2025-07-15 Sony ZV 1F User Guide ends the guesswork and lets your pocket camera shine If confusing menus blown out highlights or stubborn Bluetooth have kept you from recording this guide delivers a clear fix In one quick read you will learn the exact setup steps for crisp 4K steady focus true to life color and smooth phone pairing A compact troubleshooting section also kills common problems before they derail a shoot Pick up the guide press record with confidence and turn every vlog tutorial or product review into polished share ready content

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