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 3. **Results**
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1. *Journal of the American Medical Association*, 2000; 283: 2689-2694.

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Basal plant origin

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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 physical and psychological health of the subjects was 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 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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Variable	Mean	SD	Min	Max
Age	38.5	10.2	25	55
Gender	0.5	0.5	0	1
Marital status	0.7	0.5	0	1
Education	12.5	1.5	10	15
Income	1500	500	1000	2500
Health status	0.8	0.4	0	1
Life satisfaction	4.5	1.0	3	6
Work satisfaction	4.0	1.0	3	6
Family satisfaction	4.2	1.0	3	6
Community satisfaction	4.1	1.0	3	6
Overall satisfaction	4.3	1.0	3	6

Figure 1

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the 1990s, the number of people in the United States who are obese has increased by 50 percent. In the United Kingdom, the number of obese people has increased by 100 percent. In the United States, the number of obese people has increased by 100 percent. In the United Kingdom, the number of obese people has increased by 100 percent. In the United States, the number of obese people has increased by 100 percent.

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