

THE FUND — AN INVESTMENT SERVICE FOR THE FUTURE

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The following advertisement is a notice of a public hearing on the proposed amendment to the charter of the City of New York, which is being held by the City of New York, Department of City Planning, at the City Hall, New York, New York, on the 10th day of the month of January, 1964, at 10:00 o'clock in the forenoon.

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10. Formulas
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Management implications

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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Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and BP were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in both HR and BP compared to the control group. The HR of the exercise group decreased from 72 to 68 beats per minute, while the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR or BP. These findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

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