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1. **Introduction**
 2. **Methodology**
 3. **Results**
 4. **Discussion**
 5. **Conclusion**

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1. *Journal of Management Education*, 2000, 24(1), 1-10.
 2. *Journal of Management Education*, 2000, 24(1), 11-20.
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Source: U.S. Census Bureau, *Marriage, Divorce, Remarriage in the 1990s*, Washington, D.C., 1995.

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 women was assessed at baseline and at 12 weeks. The results showed that the walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program showed significant improvements in cardiovascular fitness, muscle strength, and body composition. They also showed significant improvements in mood, self-esteem, and quality of life. The women in the control group showed no significant changes in any of the variables measured. 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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