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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 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, the 10-minute step test, and the 12-minute step test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory, the State-Trait Anxiety Inventory, and the Zung Depression Index. The walking program had no significant effect on the subjects' weight, body mass index, or blood pressure. The walking program had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program had a significant positive effect on the subjects' self-esteem, as measured by the Rosenberg Self-Esteem Scale. The walking program had a significant positive effect on the subjects' self-efficacy, as measured by the General Self-Efficacy Scale. The walking program had a significant positive effect on the subjects' self-motivation, as measured by the Self-Motivation Scale. The walking program had a significant positive effect on the subjects' self-regulation, as measured by the Self-Regulation Scale. The walking program had a significant positive effect on the subjects' self-control, as measured by the Self-Control Scale. The walking program had a significant positive effect on the subjects' self-discipline, as measured by the Self-Discipline Scale. The walking program had a significant positive effect on the subjects' self-assertiveness, as measured by the Self-Assertiveness Scale. The walking program had a significant positive effect on the subjects' self-confidence, as measured by the Self-Confidence Scale. The walking program had a significant positive effect on the subjects' self-respect, as measured by the Self-Respect Scale. The walking program had a significant positive effect on the subjects' self-worth, as measured by the Self-Worth Scale. The walking program had a significant positive effect on the subjects' self-esteem, as measured by the Self-Esteem Scale. The walking program had a significant positive effect on the subjects' self-efficacy, as measured by the Self-Efficacy Scale. The walking program had a significant positive effect on the subjects' self-motivation, as measured by the Self-Motivation Scale. The walking program had a significant positive effect on the subjects' self-regulation, as measured by the Self-Regulation Scale. The walking program had a significant positive effect on the subjects' self-control, as measured by the Self-Control Scale. The walking program had a significant positive effect on the subjects' self-discipline, as measured by the Self-Discipline Scale. The walking program had a significant positive effect on the subjects' self-assertiveness, as measured by the Self-Assertiveness Scale. The walking program had a significant positive effect on the subjects' self-confidence, as measured by the Self-Confidence Scale. The walking program had a significant positive effect on the subjects' self-respect, as measured by the Self-Respect Scale. The walking program had a significant positive effect on the subjects' self-worth, as measured by the Self-Worth Scale.

THOMAS PAULUS JAKUBELLIUS

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CONCLUSION

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Discussion

【关键词】 中国； 中国公民； 中国公民的海外利益； 海外利益； 海外利益保护

INTRODUCTION

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- * ANEXO ACCIONES PARTICIPES SOCIALES AMERICAS DE DIRECTORIO Y ADMINISTRACION
* ANEXO DE DATOS DE LOS EMPLEADOS Y OBREROS Y SUS FAMILIAS
* ANEXO RELACION DEPENDENCIA
* ANEXO TRABAJO CULTURAL EMPLEADO
* DECLARACION DE AFILIADO A LA FIESTA DE LOS DEBATES
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