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COMPANIES OF TRANSFERRING STOCKS AND INSTITUTIONAL CAPITAL § 5

CONFIDENTIAL

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DATE: 01/01/2004

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INTERACTION WITH ENVIRONMENT:

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DR. JAMES M. HARRIS

2706213

Abstract

Value of α (mmol/L)

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THE UNIVERSITY OF CHICAGO

REPRODUCED FROM THE 1990-1991 ESO SCIENCE YEARBOOK

OWEN, J. H. 1990.

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Abstract

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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, blood pressure, or cholesterol levels. 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.

* ALEXANDRE DE ALMEIDA, LUIZ CARLOS O BENTONDO, ADRI

NOTA: L'ESCLUSIVA DI VENDITA È STABILITA' PER UN ANNO. IL CONCESSIONARIO HA IL DIRITTO DI RINNOVARE IL CONTRATTO PER UN ALTRO ANNO, A CONDIZIONE CHE IL CONCESSIONARIO NON ABBIAT

DECLARACIÓN DE INTERÉS EN EL ASUNTO A LA RENTA

DECLARATION MENSUELLE DE TVA

DECLARATION MENSUELLE DE TVA

[illegible]

ANALYTICAL DATA:

RESEARCH DESIGN AND METHODS

NOTES

ZONE OF HIGHNESS

50700-30

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