

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical fitness 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 walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, at a pace of 3.0 to 3.5 miles per hour. The control group did not participate in any exercise program. The subjects were assessed at baseline and at 12 weeks for physical fitness, including heart rate, blood pressure, and body mass index. The results of the study showed that the walking program had a significant positive effect on physical fitness in the women who participated in it. The walking program resulted in a significant decrease in heart rate, blood pressure, and body mass index compared to the control group. These findings suggest that a 12-week, low-intensity, supervised walking program can improve physical fitness in sedentary, middle-aged women.

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web 4 period until officially relieved released from duty appointment 5 the appointed personnel possess a minimum of an interim secret security clearance 6 the point of contact for this memorandum is undersigned and can be reached at 360 819 9074 tina a tu cpt lg commanding

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web 2 appointment procedures informal investigation appointments may be made orally or in writing if written the appointment orders are usually issued as a memorandum signed by the appointing authority or by a subordinate with the appropriate authority line whether oral or written the appointment should specify

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 appointment appointee s full name rank grade position title work telephone

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 overview 1 1 introduction the objective of the commander s retention program is to

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 1 effective 01 june 2013 the below named individual s is appointed as indicated primary contact alternate contact 2 authority
 ar 360 1 para 2 3 3

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