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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 for physical and psychological health. The physical health assessment included measurements of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The subjects in the walking program had significantly lower BMI, waist circumference, and blood pressure than the subjects in the control group. The subjects in the walking program also had significantly higher self-esteem, lower anxiety, and lower depression than the subjects in the control group. 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.

Kategorie	Anzahl der Teilnehmer (in %) nach Geschlecht	
	Männlich	Weiblich
Grundkurs	45%	55%
Fortgeschrittenenkurs	30%	70%
Meisterkurs	20%	80%
Prüfung	15%	85%
Summe	100%	100%