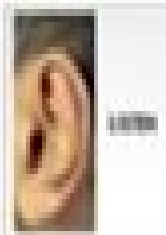


Summary: The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults. The study was a randomized controlled trial conducted in a community setting. The intervention group consisted of 25 older adults who participated in a 12-week walking program, while the control group consisted of 25 older adults who did not participate in the program. The primary outcome measure was the change in physical health, measured by the 6-minute walk test (6MWT) and the Timed Up and Go (TUG) test. The secondary outcome measure was the change in psychological health, measured by the Geriatric Depression Scale (GDS). The results showed that the intervention group had a significant improvement in physical health, with a mean increase of 150 meters in the 6MWT and a mean decrease of 10 seconds in the TUG test. The control group had no significant change in physical health. The results also showed that the intervention group had a significant improvement in psychological health, with a mean decrease of 5 points in the GDS score. The control group had no significant change in psychological health. The study concluded that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of older adults.



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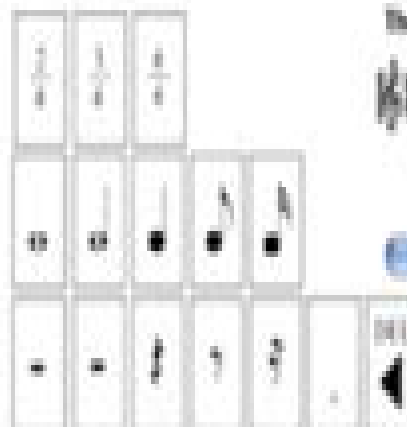
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Year	Population
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2000	100
2010	100
2020	100
2030	100
2040	100
2050	100
2060	100
2070	100
2080	100
2090	100
2100	100

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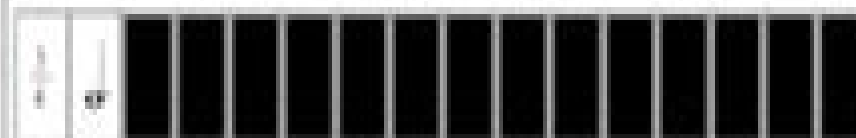


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