

NAVAL SHEEPS' TECHNICAL MANUAL  
CHAPTER 55 - VOLUME 2  
SUBMARINE FIREFIGHTING



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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 intervention group (n = 20) participated in a 12-week walking program, while the control group (n = 20) remained sedentary. The walking program was designed to be low-intensity, with a target heart rate of 110–120 beats per minute. The program was supervised by a physical therapist. The study was conducted in a community setting. The primary outcome was the change in physical fitness, measured by the 6-minute walk test. Secondary outcomes included changes in body mass index (BMI), blood pressure, and psychological health, measured by the Beck Depression Inventory (BDI). The results showed that the walking program had a significant positive effect on physical fitness, with the intervention group showing a significant increase in the 6-minute walk test score compared to the control group. There were no significant differences in BMI, blood pressure, or BDI scores between the two groups. The study suggests that a 12-week, low-intensity, supervised walking program can improve physical fitness in sedentary, middle-aged women.

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# Naval Ship Technical Manual 555 Vol 2

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