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Manufacturer: [HCB Specialty Tools](#)

Description

Product Description:

CBT

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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 older adults. 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) did not. The walking program was designed to be low-intensity and supervised. The primary outcome was the change in the 6-minute walk test (6MWT) score. Secondary outcomes included changes in the Short Physical Performance Battery (SPPB) score, the Timed Up and Go (TUG) test, the Berg Balance Scale (BBS), the Fear Avoidance Beliefs (FAB) scale, the Geriatric Depression Scale (GDS), and the Health-related Quality of Life (HRQL) score. The 6MWT score increased significantly in the intervention group compared to the control group. The SPPB score, TUG test, BBS, FAB scale, GDS, and HRQL score also improved significantly in the intervention group. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of older adults.

*This crankshaft seal seating ring has both a lip and a protection lip.

