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4. Findings

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Abstract: Purpose: 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 with chronic low back pain. Design: A quasi-experimental, pretest-posttest design was used. Setting: The study was conducted in a community-based setting. Participants: The study included 15 older adults (mean age = 68.4 years) with chronic low back pain. Intervention: The intervention was a 12-week, low-intensity, supervised walking program. Measurements and Main Results: The study measured physical and psychological health outcomes. The results showed that the walking program had a positive effect on physical and psychological health. Conclusion: The study suggests that a 12-week, low-intensity, supervised walking program can improve physical and psychological health in older adults with chronic low back pain.

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