

The effect of walking program on quality of life and some physiological parameters in elderly women

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Abstract The aim of this study was to investigate the effect of walking program on quality of life and some physiological parameters in elderly women. Statistical population of this study included 30 healthy women (age: 64 ± 2.96 years, height: 160.03 ± 5.05 cm, Weight: 67.36 ± 10.26 kg) that after voluntarily registration to participate in this study, were randomly divided into two experimental ($n = 15$) and control ($n = 15$) groups. First, measurements of weight, height, body composition, including BMI, percentage BF, LBM as well as WHR, systolic and diastolic blood pressure, resting heart rate were performed and blood samples were collected in order to test CBC (white blood cells count, red blood cells count, platelet count, and hematocrit). In addition, the participants completed the quality of life questionnaire SF 36 for investigation. Experimental group participated in walking training program (8 weeks / 3 days a week / 30-40 minutes per session) with 60 to 75 percent of heart rate reserve. The control group continued their normal life. Followed by 48 hours after the last training session, all measurements were repeated. A comparison between pretest and post-test in each group paired t-test was used. In order to compare the effect of walking exercise on quality of life and physiological variables with the control group was used independent t test. Paired t test results showed that the dependent variables than the number of platelets in the experimental group showed statistically significant improvement pre-test to post-test (P

Keywords : Keywords: quality of life, Physiological parametrs, Walking program, Elderly Women

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