THE EFFECTS OF THE WALKING PROGRAM ON FUNCTIONAL ABILITIES OF WORKING, MIDDLE-AGED WOMEN

Abstract
The purpose of this research was an analysis of the effects created by an application of experimental treatment on functional abilities of middle-aged women. The research included 45 female subjects. The sample of subjects included women aged 35 to 50 years. The walking program was designed so as to keep the subjects in aerobic working zone at any moment of exercise. On the grounds of the obtained results it was determined that the changes in functional abilities of the subjects happened in the course of longitudinal processes. In the final measurement, three variables including diastolic blood pressure at rest, and working pulse at 65% and 85% of loading have shown lower results after treatment of the walking program.

Key words: walking, middle age, pulse, aerobic training