

Introduction

The purpose of this study was to investigate the effects of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of individuals with a history of stroke. The study was designed to evaluate the impact of a structured exercise regimen on various health outcomes, including physical fitness, functional status, and mental well-being.

Methods

The study involved a group of participants who had a history of stroke and were currently living in the community. They were recruited from local health centers and community groups. The participants were randomly assigned to either the exercise group or the control group. The exercise group participated in a 12-week program of supervised, low-intensity exercise, while the control group did not participate in any structured exercise program.

Results

The results of the study showed that the exercise group had significantly better outcomes than the control group across several measures. Physical fitness, as measured by walking speed and endurance, improved significantly in the exercise group. Additionally, the exercise group showed improvements in functional status and psychological health, including reduced levels of depression and anxiety. These findings suggest that a supervised, low-intensity exercise program can have positive effects on the physical and psychological health of individuals with a history of stroke.