

# Comparison of 3 Interventions to Increase Walking in Sedentary Women

Mary A. Nies, PhD, RN, FAAN, FAAHB; Ty Partridge, PhD

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**Objective:** To increase walking activity in sedentary women. **Methods:** Women (N = 253) were randomly assigned to 1 of 3 groups: video education/control, brief telephone calls with no counseling, and telephone calls with counseling. Assessments were made at baseline, 6 months, and 1 year. **Results:** All interventions increased the number of reported

minutes walked and decreased the time to walk a mile. **Conclusions:** The variability in the telephone counseling and brief telephone call groups seemed to suggest a group of participants who were high responders.

**Key words:** physical activity; women; longitudinal; intervention; telephone

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