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**Abstract:** The purpose of this study was to examine the effects of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical and psychological health of older adults. The study was conducted in a community center. The participants were 12 older adults (6 men and 6 women) who were 65 years of age or older. The program consisted of 12 weeks of training, 3 times per week, for a total of 36 sessions. The program was divided into three phases: Phase 1 (Weeks 1-4), Phase 2 (Weeks 5-8), and Phase 3 (Weeks 9-12). The program was designed to improve the physical and psychological health of the participants. The results of the study showed that the program had a positive effect on the physical and psychological health of the participants. The participants showed significant improvements in their physical health, including increased strength, endurance, and flexibility. The participants also showed significant improvements in their psychological health, including increased self-esteem, confidence, and social interaction. The program was well-received by the participants and was found to be an effective way to improve the physical and psychological health of older adults.

# Smarty Pants

**Anushka Ravishankar**



**Smarty Pants:**

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