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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of young adults. The study was conducted in a university setting. The participants were 20 young adults (10 males and 10 females) who were randomly assigned to a training group and a control group. The training group participated in a 12-week program of aerobic and strength training, while the control group did not. The physical health of the participants was assessed using a variety of measures, including heart rate, blood pressure, and body composition. Psychological health was assessed using a variety of measures, including self-reported stress, anxiety, and depression. The results of the study showed that the training group experienced significant improvements in physical health and psychological health compared to the control group. The findings suggest that a 12-week training program can have a positive effect on the physical and psychological health of young adults.

Smarty Pants

Eugenia Cheng



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