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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 (mean age = 70.5 years, range 65-75 years) who were recruited from a local newspaper advertisement. The participants were divided into two groups: a control group (n = 6) and an intervention group (n = 6). The control group received no intervention, while the intervention group received a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The program consisted of three sessions per week, each lasting 30 minutes. The sessions included a warm-up, a low-impact aerobic exercise, a low-impact resistance exercise, and a cool-down. The physical and psychological health of the participants was assessed at baseline and at the end of the 12-week program. The results of the study showed that the intervention group had significantly higher levels of physical and psychological health than the control group at the end of the 12-week program. The findings of this study suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical and psychological health of older adults.

Smarty Pants

Anushka Ravishankar



Smarty Pants:

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