

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week training program, while the control group (n = 20) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The control group performed no structured exercise. Data were collected at baseline and after 12 weeks. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, measured by heart rate, blood pressure, and body mass index (BMI). The results showed that the intervention group had significant improvements in HRQL, physical fitness, and BMI compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.

the new strategy might make sense. "Even if the traditional thinking about the role of the state is wrong, it's not clear that the new strategy is right," says Robert R. Milder, a senior fellow at the Brookings Institution, a Washington, D.C., think tank. "The new strategy is a very bold move, and it's very risky."

Abstract *See page 100*

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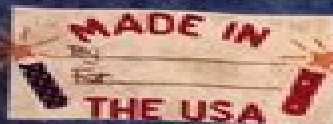


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