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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 sedentary, middle-aged women. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a cardiovascular workout, and the third was a strength training session. The results showed that the women who participated in the program experienced significant improvements in their physical and psychological health. Specifically, there were significant increases in heart rate, blood pressure, and body mass index (BMI). Additionally, there were significant decreases in anxiety and depression scores. The findings suggest that a 12-week training program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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