

Abstract: The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness and health-related quality of life of older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older, who were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week program consisting of three sessions per week, each lasting 30 minutes. The control group did not participate in any exercise program. The study measured physical fitness (cardiorespiratory fitness, muscle strength, and balance) and health-related quality of life (physical, mental, and social functioning) at baseline and at the end of the 12-week program. The results showed that the exercise group had significantly higher cardiorespiratory fitness, muscle strength, and balance at the end of the program compared to the control group. Additionally, the exercise group had significantly higher health-related quality of life scores across all domains (physical, mental, and social functioning) compared to the control group. The findings suggest that a 12-week, low-intensity, low-impact, and low-volume exercise program can improve physical fitness and health-related quality of life in older adults.

[illegible][illegible]

Abstract

1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.

[illegible]

Country	Year	Population (millions)	Urban population (millions)	Urban population (%)
Algeria	1990	10.5	5.5	52.4
Algeria	2000	12.5	7.5	60.0
Algeria	2005	13.5	8.5	62.9
Algeria	2010	14.0	9.0	64.3
Algeria	2015	14.5	9.5	65.5
Algeria	2020	15.0	10.0	66.7
Algeria	2025	15.5	10.5	67.7
Algeria	2030	16.0	11.0	68.8
Algeria	2035	16.5	11.5	69.7
Algeria	2040	17.0	12.0	70.6
Algeria	2045	17.5	12.5	71.4
Algeria	2050	18.0	13.0	72.2
Algeria	2055	18.5	13.5	72.9
Algeria	2060	19.0	14.0	73.7
Algeria	2065	19.5	14.5	74.4
Algeria	2070	20.0	15.0	75.0
Algeria	2075	20.5	15.5	75.6
Algeria	2080	21.0	16.0	76.2
Algeria	2085	21.5	16.5	76.7
Algeria	2090	22.0	17.0	77.3
Algeria	2095	22.5	17.5	77.8
Algeria	2100	23.0	18.0	78.3
Algeria	2105	23.5	18.5	78.7
Algeria	2110	24.0	19.0	79.2
Algeria	2115	24.5	19.5	79.6
Algeria	2120	25.0	20.0	80.0
Algeria	2125	25.5	20.5	80.4
Algeria	2130	26.0	21.0	80.8
Algeria	2135	26.5	21.5	81.1
Algeria	2140	27.0	22.0	81.5
Algeria	2145	27.5	22.5	81.8
Algeria	2150	28.0	23.0	82.1
Algeria	2155	28.5	23.5	82.5
Algeria	2160	29.0	24.0	82.8
Algeria	2165	29.5	24.5	83.1
Algeria	2170	30.0	25.0	83.3
Algeria	2175	30.5	25.5	83.6
Algeria	2180	31.0	26.0	83.9
Algeria	2185	31.5	26.5	84.1
Algeria	2190	32.0	27.0	84.4
Algeria	2195	32.5	27.5	84.6
Algeria	2200	33.0	28.0	84.8
Algeria	2205	33.5	28.5	85.1
Algeria	2210	34.0	29.0	85.3
Algeria	2215	34.5	29.5	85.5
Algeria	2220	35.0	30.0	85.7
Algeria	2225	35.5	30.5	85.9
Algeria	2230	36.0	31.0	86.1
Algeria	2235	36.5	31.5	86.3
Algeria	2240	37.0	32.0	86.5
Algeria	2245	37.5	32.5	86.7
Algeria	2250	38.0	33.0	86.8
Algeria	2255	38.5	33.5	87.0
Algeria	2260	39.0	34.0	87.2
Algeria	2265	39.5	34.5	87.3
Algeria	2270	40.0	35.0	87.5
Algeria	2275	40.5	35.5	87.7
Algeria	2280	41.0	36.0	87.8
Algeria	2285	41.5	36.5	87.9
Algeria	2290	42.0	37.0	88.1
Algeria	2295	42.5	37.5	88.2
Algeria	2300	43.0	38.0	88.3
Algeria	2305	43.5	38.5	88.5
Algeria	2310	44.0	39.0	88.6
Algeria	2315	44.5	39.5	88.8
Algeria	2320	45.0	40.0	88.9
Algeria	2325	45.5	40.5	89.0
Algeria	2330	46.0	41.0	89.1
Algeria	2335	46.5	41.5	89.2
Algeria	2340	47.0	42.0	89.3
Algeria	2345	47.5	42.5	89.5
Algeria	2350	48.0	43.0	89.6

Abstract

These figures represent the number of people who have been infected by the virus since the start of the outbreak. The number of people who have been infected by the virus since the start of the outbreak is 1,000,000. The number of people who have been infected by the virus since the start of the outbreak is 1,000,000.

Abstract

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Abstract

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