

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 subjects were randomly assigned to either a 12-week training program or a control group. The training program consisted of aerobic and strength training. The control group received no training. The subjects were assessed at baseline and at 12 weeks. The primary outcome was the change in HRQL. The secondary outcomes were the change in physical fitness and the change in body composition. The results showed that the training program had a significant positive effect on HRQL, physical fitness, and body composition. The control group showed no significant changes. The results suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.

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Making Emag Work

Anthony S. Fauci



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