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Abstract The purpose of this study was to investigate the effects 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 participants were randomly assigned to either a training group or a control group. The training group performed a 12-week program of aerobic and resistance training, while the control group remained sedentary. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, body composition, and blood pressure. The results showed that the training group had significant improvements in HRQL, physical fitness, and body composition compared to the control group. The improvements in HRQL were maintained at the 12-week follow-up. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary middle-aged women.

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Keywords: *emotional intelligence, social skills, self-regulation, social competence, social skills training, social skills assessment*

CONCLUSIONS

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Fi prezentată în anexa 1 la raportul de activitate 2012-2013 în care sunt prezentate detaliile implementării activităților desfășurate în cadrul proiectului 2012/2013, în valoare de 100.000 lei, din care 50.000 lei au fost achiziționați în anul 2012 și 50.000 lei în anul 2013.

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**John Harold Haynes, Marcus Stewart
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