

[illegible]

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1  # Create the plot with a light gray background
2  # and a white border
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1. **Abstract** The purpose of this study was to investigate the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. The study was a randomized controlled trial. The participants were divided into two groups: a training group and 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 VO2 max, and the secondary outcomes were changes in HRQL, body composition, and blood pressure. The results showed that the training group had significantly higher VO2 max and HRQL scores at the end of the 12-week period compared to the control group. There were no significant differences in body composition or blood pressure between the two groups. The findings suggest that a 12-week training program can improve physical fitness and HRQL in sedentary middle-aged men.

[illegible]

Variable	Mean	Standard Deviation	Minimum	Maximum
Age	34.5	10.2	22	55
Gender	0.5	0.5	0	1
Marital Status	0.6	0.5	0	1
Education	12.5	1.5	10	15
Income	3500	1500	1000	7000
Health	0.8	0.2	0	1
Smoking	0.3	0.5	0	1
Alcohol	0.2	0.4	0	1
Exercise	0.4	0.5	0	1
Stress	0.6	0.5	0	1
Depression	0.1	0.3	0	1
Loneliness	0.3	0.5	0	1
Life Satisfaction	0.7	0.4	0	1
Quality of Life	0.8	0.3	0	1

Ge Atp1000 User Manual

Michael Brown



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