

Abstract
 The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance exercises. The control group did not exercise. Physical fitness was measured by maximum oxygen consumption ($\dot{V}O_{2\max}$), maximum heart rate ($\text{HR}_{\max}$), and maximum power output ($\text{P}_{\max}$). Health was measured by blood pressure (BP), resting heart rate (HR), and body mass index (BMI). The results showed that the exercise group had significantly higher $\dot{V}O_{2\max}$, $\text{HR}_{\max}$, and $\text{P}_{\max}$ than the control group after 12 weeks. The exercise group also had significantly lower BP, HR, and BMI than the control group after 12 weeks. The results suggest that a 12-week training program can improve physical fitness and health in sedentary middle-aged men.

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