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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 program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a cardiovascular workout, and the third was a strength training session. The results showed that the participants experienced significant improvements in their cardiovascular fitness, strength, and overall health. The study also found that the participants experienced a decrease in their body mass index (BMI) and a decrease in their blood pressure. The results of this study suggest that a 12-week training program can be an effective way to improve the physical fitness and health of sedentary, middle-aged men.

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Abstract
 The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in Tehran, Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program consisting of aerobic exercises, strength training, and flexibility exercises. The control group did not participate in any training program. The physical health of the participants was measured using a series of tests, including a 6-minute walk test, a 10-meter walk test, and a sit-to-stand test. The psychological health of the participants was measured using a series of questionnaires, including the Geriatric Depression Scale (GDS), the Geriatric Anxiety Inventory (GAI), and the Geriatric Life Satisfaction Scale (GLSS). The results of the study showed that the experimental group had significantly better physical and psychological health than the control group after 12 weeks of training. The 6-minute walk test, 10-meter walk test, and sit-to-stand test results showed that the experimental group had significantly better performance than the control group. The GDS, GAI, and GLSS results showed that the experimental group had significantly lower levels of depression, anxiety, and lower life satisfaction than the control group. The results of this study suggest that a 12-week training program can improve the physical and psychological health of elderly people.

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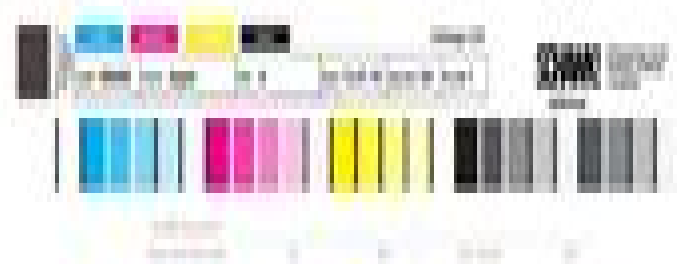
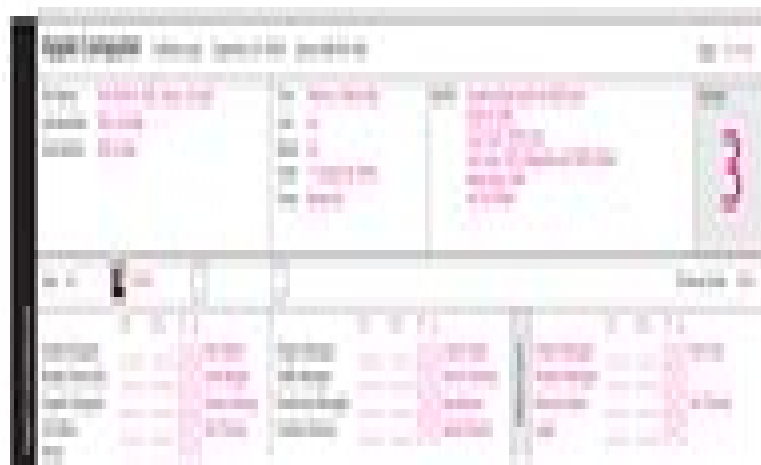
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