

Abstract The purpose of this study was to determine the effect of a 12-week, 3-day-per-week, 100-min-per-session, low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an exercise group or a control group. The exercise group performed a low-impact aerobically and resistance training program, while the control group performed no exercise. The subjects were assessed at baseline and at 12 weeks. The results showed that the exercise group had significantly greater improvements in physical fitness than the control group. The improvements in physical fitness were maintained at 12 weeks. The results suggest that a low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

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1. *Journal of the American Medical Association*, 1997; 277: 1001-1005.

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