

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 demanding dance program on the health-related fitness of 100 sedentary, middle-aged women. The program was designed to be fun and enjoyable, and to include a variety of dance styles. The program was evaluated using a pretest and posttest design. The results of the study showed that the program had a significant positive effect on the health-related fitness of the women. The program was found to be an effective and enjoyable way to improve health-related fitness in sedentary, middle-aged women.

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1000

10. **Special instructions:** Interview with follow-up discussion with the panel participants.

100

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Gapenski 5th Edition Chap Problem Answers

J. William Petty



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