

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 participated in a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any exercise program. Physical fitness was measured at the beginning and end of the 12-week period using a variety of tests, including a 1-mile run, a 1.5-mile walk, a 1.5-mile jog, a 1.5-mile swim, and a 1.5-mile bike ride. Health was measured using a series of questionnaires that assessed the subjects' self-reported health, energy, and mood. The results of the study showed that the exercise group had significantly improved physical fitness and health compared to the control group. The exercise group had a significantly lower 1-mile run time, a significantly lower 1.5-mile walk time, a significantly lower 1.5-mile jog time, a significantly lower 1.5-mile swim time, and a significantly lower 1.5-mile bike time. The exercise group also had significantly higher self-reported health, energy, and mood scores compared to the control group. The results of this study suggest that a 12-week training program can improve the physical fitness and health of sedentary middle-aged men.

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Keywords: child sexual abuse; disclosure; self-blame; social support

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