

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. The physical fitness and health of the subjects were measured at the beginning and end of the 12-week period. The results showed that the exercise group had significant improvements in physical fitness and health compared to the control group. The exercise group had a significant increase in aerobic capacity, muscle strength, and flexibility. They also had a significant decrease in body fat percentage and blood pressure. The control group had no significant changes in any of the measured variables. 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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