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Abstract—This study examined the effects of a 12-week, supervised, low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of older adults. The study was conducted in a community center in a large city in the United States. The study included 100 participants, aged 65 and older, who were randomly assigned to either the intervention or control group. The intervention group participated in a 12-week program of low-impact aerobically and resistance training, while the control group participated in a 12-week program of low-impact aerobically and resistance training. The study found that the intervention group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The study also found that the intervention group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The study was limited by its short duration and the lack of a control group. The study was conducted in a community center in a large city in the United States. The study included 100 participants, aged 65 and older, who were randomly assigned to either the intervention or control group. The intervention group participated in a 12-week program of low-impact aerobically and resistance training, while the control group participated in a 12-week program of low-impact aerobically and resistance training. The study found that the intervention group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The study also found that the intervention group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The study was limited by its short duration and the lack of a control group.

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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the cardiovascular fitness of sedentary middle-aged men. The subjects were 15 men, aged 40-50 years, who were sedentary and had no cardiovascular disease. They were divided into two groups: a control group and a training group. The control group continued with their sedentary lifestyle, while the training group participated in a 12-week aerobic training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a treadmill at a speed of 3.0 mph, with a 5% incline. The heart rate and oxygen consumption were measured at the beginning and end of each session. The results showed that the training group had a significant increase in heart rate and oxygen consumption compared to the control group. The control group showed no significant changes. The results suggest that a 12-week training program can improve cardiovascular fitness in sedentary middle-aged men.

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Daniel F McAuley



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