

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 performed a 12-week training program consisting of aerobic and resistance exercises. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The results showed that the exercise group had significant improvements in physical fitness and health compared to the control group. The exercise group had lower levels of body fat, higher levels of aerobic capacity, and lower levels of blood pressure and cholesterol. The control group had no significant changes. The results suggest that a 12-week training program can improve physical fitness and health in sedentary middle-aged men.

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Keywords: *workplace spirituality, spirituality, spirituality in the workplace, spirituality in the workplace, spirituality in the workplace*

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