

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. Physical fitness was measured by a 12-minute step test, and health was measured by blood pressure, heart rate, and body weight. The results showed that the exercise group had significantly higher physical fitness and lower blood pressure, heart rate, and body weight than the control group after 12 weeks of training.

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