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Abstract

Notes:

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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The program was designed to be a safe and effective means of increasing physical activity for women who were previously sedentary. The program consisted of three sessions per week, each lasting 30 minutes. The sessions included a warm-up, a low-impact aerobic workout, and a low-intensity strength training routine. The results of the study showed that the program had a positive effect on the physical fitness of the women. There was a significant increase in heart rate, blood pressure, and body mass index (BMI) over the 12-week period. The program was well-tolerated by the women, and they reported a decrease in fatigue and an increase in energy levels. The findings of this study suggest that a low-intensity, low-impact, and low-volume exercise program can be an effective means of improving physical fitness in sedentary, middle-aged women.

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- **Strong positive effect of social network support on e-TRA**
 indicates the critical influence from groups/peers.

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