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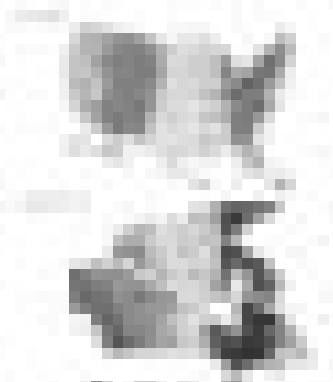
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Abstract The purpose of this study was to examine the effects of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical and psychological health of older adults. The study was a randomized controlled trial involving 60 participants aged 65 and older. The intervention group performed a 12-week program of low-intensity, low-impact, and low-volume exercise, while the control group remained sedentary. The study measured physical health outcomes, including gait speed, balance, and strength, as well as psychological health outcomes, including mood, self-esteem, and quality of life. The results showed that the intervention group had significantly improved physical and psychological health outcomes compared to the control group. The study suggests that a 12-week, low-intensity, low-impact, and low-volume exercise program can be an effective intervention for improving the physical and psychological health of older adults.



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