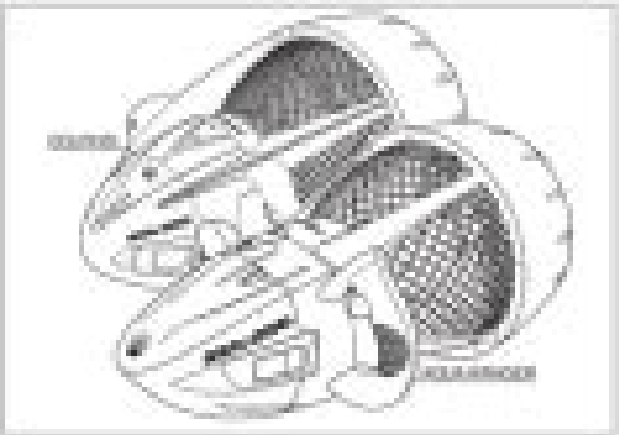


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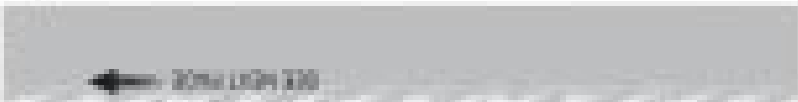
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Abstract. The purpose of this study was to examine the effects of a 12-week, low-intensity, low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of sedentary, middle-aged women. The program consisted of three sessions per week, each lasting 30 minutes. The sessions were designed to improve cardiovascular fitness, muscular strength, and flexibility. The results of the study showed that the program had a positive effect on the physical fitness and health-related quality of life of the women. The women who participated in the program showed significant improvements in cardiovascular fitness, muscular strength, and flexibility. In addition, the women who participated in the program showed significant improvements in health-related quality of life, including physical functioning, role limitations due to physical problems, and overall health. The results of this study suggest that a 12-week, low-intensity, low-impact aerobically and resistance training program can be an effective way to improve the physical fitness and health-related quality of life of sedentary, middle-aged women.

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