

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of elderly people. The study was conducted in a community-based setting. The participants were 60 elderly people (mean age = 70.5 years) who were randomly assigned to two groups: a control group (n = 30) and an intervention group (n = 30). The intervention group participated in a 12-week training program that included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any training program. The physical fitness and HRQL of the participants were measured at baseline and at the end of the 12-week training program. The results showed that the intervention group had significantly higher levels of physical fitness and HRQL compared to the control group at the end of the 12-week training program. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of elderly people.

Year	Age	Gender	Occupation	Education	Marital Status	Religion	Health Status	Family Size	Income	Assets	Liabilities	Net Worth
2010	35	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$100,000	\$50,000	\$20,000	\$30,000
2011	36	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$110,000	\$55,000	\$22,000	\$33,000
2012	37	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$120,000	\$60,000	\$24,000	\$36,000
2013	38	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$130,000	\$65,000	\$26,000	\$39,000
2014	39	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$140,000	\$70,000	\$28,000	\$42,000
2015	40	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$150,000	\$75,000	\$30,000	\$45,000
2016	41	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$160,000	\$80,000	\$32,000	\$48,000
2017	42	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$170,000	\$85,000	\$34,000	\$51,000
2018	43	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$180,000	\$90,000	\$36,000	\$54,000
2019	44	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$190,000	\$95,000	\$38,000	\$57,000
2020	45	Male	Software Engineer	Bachelor's	Married	Hindu	Good	2	\$200,000	\$100,000	\$40,000	\$60,000

1. Modeling continuous data using linear or quadratic functions
 2. Interpreting intercepts of the equation that approximate
 3. Finding the maximum or minimum
 4. Modeling a relationship that is not linear or quadratic
 5. Use technology

Conclusions: In this context, the authors suggest that social power relationships

$\frac{1}{2}$	$\frac{1}{3}$	$\frac{1}{6}$	$\frac{1}{9}$
$\frac{1}{4}$	$\frac{1}{6}$	$\frac{1}{18}$	$\frac{1}{27}$

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    A[Classification] --> B[Excluded numbers and words]
    B --> C[Excluded numbers and words]
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Discussion

1.	2.	3.	4.
5.	6.	7.	8.

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Daniel F McAuley



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