

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 sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week training program consisting of three sessions per week. The control group (n = 20) remained sedentary. The primary outcome was the change in HRQL, measured using the EuroQol-5D questionnaire. Secondary outcomes included changes in physical fitness, measured using a 6-minute walk test and a 10-minute step test. The results showed that the intervention group had a significant improvement in HRQL and physical fitness compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.

Thali is a traditional South Indian meal consisting of a variety of vegetarian dishes served on a single plate. It typically includes rice, lentils, chutneys, and a variety of vegetables and fruits. The meal is often served during religious festivals and special occasions.

multistep synthesis → synthesis involving different chemical steps (multistep synthesis)

one-pot synthesis → synthesis involving only one chemical step (one-pot synthesis)

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Lingsheng Yao



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