



Abstract

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1. [Introduction](#)

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 subjects were randomly assigned to a 12-week training program (n = 20) or a control group (n = 20). The training program consisted of three sessions per week, each lasting 45 minutes. The control group did not participate in any training program. The subjects were assessed at baseline and at 12 weeks. The primary outcome was the change in HRQL, measured using the EuroQol-5D questionnaire. The secondary outcome was the change in physical fitness, measured using the 6-minute walk test. The results showed that the training program had a significant positive effect on HRQL and physical fitness. The subjects in the training group showed a significant increase in HRQL and a significant increase in the 6-minute walk test compared to the control group. The results suggest that a 12-week training program can improve HRQL and physical fitness in sedentary, middle-aged women.

[illegible]

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- **How much blood is circulating in your body?** ~ 5-6L
 • **What is the volume of blood in your body?** ~ 5-6L
 • **What is the volume of blood in your body?** ~ 5-6L

[illegible]

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