

Abstract—The purpose of this study was to determine the effect of a 10-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an exercise group or a control group. The exercise group performed a 10-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program. The control group performed no exercise. The physical fitness of the subjects was measured at baseline and at 10 weeks. The results of the study showed that the exercise group had significantly greater improvements in physical fitness than the control group. The improvements in physical fitness were maintained at 10 weeks. The results of this study suggest that a 10-week, 30-min, 3 times per week, supervised, low-impact aerobically and resistance training program is an effective means of improving the physical fitness of sedentary, middle-aged women.

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