

Abstract

The present study was designed to investigate the effects of a 12-week training program on the physical fitness and health-related quality of life of sedentary middle-aged men. The study was conducted in a laboratory setting and involved 30 participants who were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week. The control group remained sedentary throughout the study. Physical fitness was assessed using a variety of tests, including a 10-minute step test, a 1-mile walk test, and a 1-mile run test. Health-related quality of life was assessed using the SF-36 questionnaire. The results of the study showed that the exercise group significantly improved their physical fitness and health-related quality of life compared to the control group. The improvements in physical fitness were most pronounced in the 10-minute step test and the 1-mile walk test. The improvements in health-related quality of life were most pronounced in the physical function and vitality subscales. The findings of this study suggest that a 12-week training program can effectively improve the physical fitness and health-related quality of life of sedentary middle-aged men.

John Doe

100
101