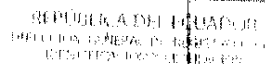


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CIUDADANÍA

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 either a 12-week training program or a control group. 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 physical fitness, measured by the 6-minute walk test. The secondary outcome was the change in HRQL, measured by the SF-36 questionnaire. The results showed that the training program significantly improved physical fitness and HRQL in the subjects. The control group showed no significant changes. The findings suggest that a 12-week training program can improve physical fitness and HRQL in sedentary, middle-aged women.

GRADALVA GONZALEZ

CARLOS ARTURO

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References

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THE EFFECT OF EXERCISE ON

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