

Abstract The purpose of this study was to determine the effect of a 12-week training program on the cardiovascular and muscular fitness of sedentary middle-aged men. The subjects were 15 men, aged 40 to 50 years, who were sedentary and had no cardiovascular or respiratory disease. They were randomly assigned to either a control group or a training group. The control group continued with their sedentary lifestyle, while the training group participated in a supervised exercise program consisting of three sessions per week. The training program included aerobic and resistance training. The aerobic training was performed on a treadmill at 60% of the maximum heart rate for 30 minutes. The resistance training was performed using free weights and resistance bands. The subjects were tested at baseline and after 12 weeks. The tests included a maximal heart rate test, a maximal oxygen consumption test, and a muscular strength test. The results showed that the training group had significant improvements in all three tests compared to the control group. The maximal heart rate increased by 10 beats per minute, the maximal oxygen consumption increased by 1.5 L per minute, and the muscular strength increased by 20%. The control group showed no significant changes in any of the tests. The conclusion was that a 12-week training program can improve the cardiovascular and muscular fitness of sedentary middle-aged men.

the authors, the authors of the present study have been able to identify a number of factors that are associated with the development of the disease. The first factor is the presence of a family history of the disease. The second factor is the presence of a personal history of the disease. The third factor is the presence of a history of trauma. The fourth factor is the presence of a history of infection. The fifth factor is the presence of a history of exposure to certain environmental factors. The sixth factor is the presence of a history of exposure to certain chemical factors. The seventh factor is the presence of a history of exposure to certain physical factors. The eighth factor is the presence of a history of exposure to certain biological factors. The ninth factor is the presence of a history of exposure to certain psychological factors. The tenth factor is the presence of a history of exposure to certain social factors. The eleventh factor is the presence of a history of exposure to certain cultural factors. The twelfth factor is the presence of a history of exposure to certain economic factors. The thirteenth factor is the presence of a history of exposure to certain political factors. The fourteenth factor is the presence of a history of exposure to certain religious factors. The fifteenth factor is the presence of a history of exposure to certain ethical factors. The sixteenth factor is the presence of a history of exposure to certain moral factors. The seventeenth factor is the presence of a history of exposure to certain legal factors. The eighteenth factor is the presence of a history of exposure to certain philosophical factors. The nineteenth factor is the presence of a history of exposure to certain scientific factors. The twentieth factor is the presence of a history of exposure to certain artistic factors. The twenty-first factor is the presence of a history of exposure to certain literary factors. The twenty-second factor is the presence of a history of exposure to certain musical factors. The twenty-third factor is the presence of a history of exposure to certain theatrical factors. The twenty-fourth factor is the presence of a history of exposure to certain cinematic factors. The twenty-fifth factor is the presence of a history of exposure to certain television factors. The twenty-sixth factor is the presence of a history of exposure to certain radio factors. The twenty-seventh factor is the presence of a history of exposure to certain internet factors. The twenty-eighth factor is the presence of a history of exposure to certain mobile phone factors. The twenty-ninth factor is the presence of a history of exposure to certain computer factors. The thirtieth factor is the presence of a history of exposure to certain video game factors. The thirty-first factor is the presence of a history of exposure to certain social media factors. The thirty-second factor is the presence of a history of exposure to certain online factors. The thirty-third factor is the presence of a history of exposure to certain offline factors. The thirty-fourth factor is the presence of a history of exposure to certain hybrid factors. The thirty-fifth factor is the presence of a history of exposure to certain emerging factors. The thirty-sixth factor is the presence of a history of exposure to certain future factors. The thirty-seventh factor is the presence of a history of exposure to certain past factors. The thirty-eighth factor is the presence of a history of exposure to certain present factors. The thirty-ninth factor is the presence of a history of exposure to certain time factors. The fortieth factor is the presence of a history of exposure to certain space factors. The forty-first factor is the presence of a history of exposure to certain matter factors. The forty-second factor is the presence of a history of exposure to certain energy factors. The forty-third factor is the presence of a history of exposure to certain information factors. The forty-fourth factor is the presence of a history of exposure to certain knowledge factors. The forty-fifth factor is the presence of a history of exposure to certain wisdom factors. The forty-sixth factor is the presence of a history of exposure to certain understanding factors. The forty-seventh factor is the presence of a history of exposure to certain perception factors. The forty-eighth factor is the presence of a history of exposure to certain cognition factors. The forty-ninth factor is the presence of a history of exposure to certain emotion factors. The fiftieth factor is the presence of a history of exposure to certain behavior factors. The fifty-first factor is the presence of a history of exposure to certain thought factors. The fifty-second factor is the presence of a history of exposure to certain feeling factors. The fifty-third factor is the presence of a history of exposure to certain belief factors. The fifty-fourth factor is the presence of a history of exposure to certain attitude factors. The fifty-fifth factor is the presence of a history of exposure to certain value factors. The fifty-sixth factor is the presence of a history of exposure to certain principle factors. The fifty-seventh factor is the presence of a history of exposure to certain rule factors. The fifty-eighth factor is the presence of a history of exposure to certain law factors. The fifty-ninth factor is the presence of a history of exposure to certain order factors. The sixtieth factor is the presence of a history of exposure to certain chaos factors. The sixty-first factor is the presence of a history of exposure to certain balance factors. The sixty-second factor is the presence of a history of exposure to certain harmony factors. The sixty-third factor is the presence of a history of exposure to certain unity factors. The sixty-fourth factor is the presence of a history of exposure to certain diversity factors. The sixty-fifth factor is the presence of a history of exposure to certain complexity factors. The sixty-sixth factor is the presence of a history of exposure to certain simplicity factors. The sixty-seventh factor is the presence of a history of exposure to certain beauty factors. The sixty-eighth factor is the presence of a history of exposure to certain ugliness factors. The sixty-ninth factor is the presence of a history of exposure to certain good factors. The seventieth factor is the presence of a history of exposure to certain evil factors. The seventy-first factor is the presence of a history of exposure to certain right factors. The seventy-second factor is the presence of a history of exposure to certain wrong factors. The seventy-third factor is the presence of a history of exposure to certain just factors. The seventy-fourth factor is the presence of a history of exposure to certain unjust factors. The seventy-fifth factor is the presence of a history of exposure to certain fair factors. The seventy-sixth factor is the presence of a history of exposure to certain unfair factors. The seventy-seventh factor is the presence of a history of exposure to certain honest factors. The seventy-eighth factor is the presence of a history of exposure to certain dishonest factors. The seventy-ninth factor is the presence of a history of exposure to certain brave factors. The eightieth factor is the presence of a history of exposure to certain cowardly factors. The eighty-first factor is the presence of a history of exposure to certain kind factors. The eighty-second factor is the presence of a history of exposure to certain unkind factors. The eighty-third factor is the presence of a history of exposure to certain gentle factors. The eighty-fourth factor is the presence of a history of exposure to certain harsh factors. The eighty-fifth factor is the presence of a history of exposure to certain soft factors. The eighty-sixth factor is the presence of a history of exposure to certain hard factors. The eighty-seventh factor is the presence of a history of exposure to certain weak factors. The eighty-eighth factor is the presence of a history of exposure to certain strong factors. The eighty-ninth factor is the presence of a history of exposure to certain fast factors. The ninetieth factor is the presence of a history of exposure to certain slow factors. The ninety-first factor is the presence of a history of exposure to certain hot factors. The ninety-second factor is the presence of a history of exposure to certain cold factors. The ninety-third factor is the presence of a history of exposure to certain wet factors. The ninety-fourth factor is the presence of a history of exposure to certain dry factors. The ninety-fifth factor is the presence of a history of exposure to certain light factors. The ninety-sixth factor is the presence of a history of exposure to certain dark factors. The ninety-seventh factor is the presence of a history of exposure to certain bright factors. The ninety-eighth factor is the presence of a history of exposure to certain dim factors. The ninety-ninth factor is the presence of a history of exposure to certain loud factors. The hundredth factor is the presence of a history of exposure to certain quiet factors.



1. It is also possible that the two studies used different methods of data collection. The first study used a self-report questionnaire, while the second study used a laboratory-based experiment. This difference in methodology could have led to the different results.

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110

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