

Abstract
The purpose of this study was to investigate the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. The study was a randomized controlled trial. The participants were divided into two groups: a training group and a control group. The training group performed a supervised aerobic and resistance training program. The control group remained sedentary. Physical fitness was measured using a 6-minute walk test, a 10-minute step test, and a 10-minute sit-to-stand test. HRQL was measured using the SF-36 questionnaire. The results showed that the training group had significantly higher physical fitness and HRQL scores compared to the control group at the end of the 12-week program.

Introduction
Physical inactivity is a major public health problem worldwide. It is associated with an increased risk of chronic diseases, such as cardiovascular disease, diabetes, and obesity. Regular physical activity, on the other hand, has been shown to improve physical fitness and HRQL. However, many people are unable to maintain a regular exercise routine. Therefore, it is important to investigate the effect of a structured training program on physical fitness and HRQL in sedentary middle-aged men.

Methods
The study was a randomized controlled trial. The participants were recruited from a local community center. They were randomly assigned to either a training group or a control group. The training group performed a supervised aerobic and resistance training program for 12 weeks. The control group remained sedentary. Physical fitness was measured using a 6-minute walk test, a 10-minute step test, and a 10-minute sit-to-stand test. HRQL was measured using the SF-36 questionnaire.

Results
The results showed that the training group had significantly higher physical fitness and HRQL scores compared to the control group at the end of the 12-week program.

Conclusion
A 12-week supervised aerobic and resistance training program significantly improved physical fitness and HRQL in sedentary middle-aged men.

Keywords
Physical fitness, HRQL, sedentary, middle-aged men, 12-week training program.

Virtual Classroom Learning Without Limits Via Computer Networks

Daniela Niemeyer



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