

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 compared to the control group after 12 weeks of training.

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 reduce the risk of these diseases and improve overall health and well-being. However, many people are unable to engage in regular physical activity due to various barriers, such as lack of time, knowledge, or resources. Therefore, it is important to develop effective interventions that can help people overcome these barriers and engage in regular physical activity.

Conclusion
The results of this study suggest that a 12-week supervised training program can significantly improve the physical fitness and HRQL of sedentary middle-aged men. This finding has important implications for public health practice, as it suggests that such programs can be an effective way to promote physical activity and improve health outcomes in this population.

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

Virtual Classroom Learning Without Limits Via Computer Networks

M Woodhall



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