

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 men. The study was a randomized, controlled trial. The subjects were 40 men, aged 40–50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a training group (n = 20) or a control group (n = 20). The training group performed a 12-week program of aerobic and resistance training, while the control group remained sedentary. Physical fitness was assessed using a 6-min walk test, a 10-min step test, and a 10-min sit-to-stand test. HRQL was assessed using the SF-36 questionnaire. The results showed that the training group had significantly higher scores on all three physical fitness tests and on all eight dimensions of the SF-36 questionnaire compared to the control group. The findings suggest that a 12-week training program can improve physical fitness and HRQL in sedentary, middle-aged men.

Sony Dream Machine Icf C318 User Manual

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