

Abstract
The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The study was conducted in a community-based setting. The participants were 30 women, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to two groups: a control group (n=15) and an exercise group (n=15). The exercise group participated in a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not participate in any exercise program. The physical health of the participants was assessed using a series of tests, including a 6-minute walk test, a 10-minute step test, and a 10-minute sit-to-stand test. The psychological health of the participants was assessed using a series of questionnaires, including the Beck Depression Inventory (BDI), the State-Trait Anxiety Inventory (STAI), and the Zung Depression Index (ZDI). The results of the study showed that the exercise group had significantly higher scores on the 6-minute walk test, the 10-minute step test, and the 10-minute sit-to-stand test compared to the control group. Additionally, the exercise group had significantly lower scores on the BDI, the STAI, and the ZDI compared to the control group. These findings suggest that a 12-week training program can improve the physical and psychological health of sedentary, middle-aged women.

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