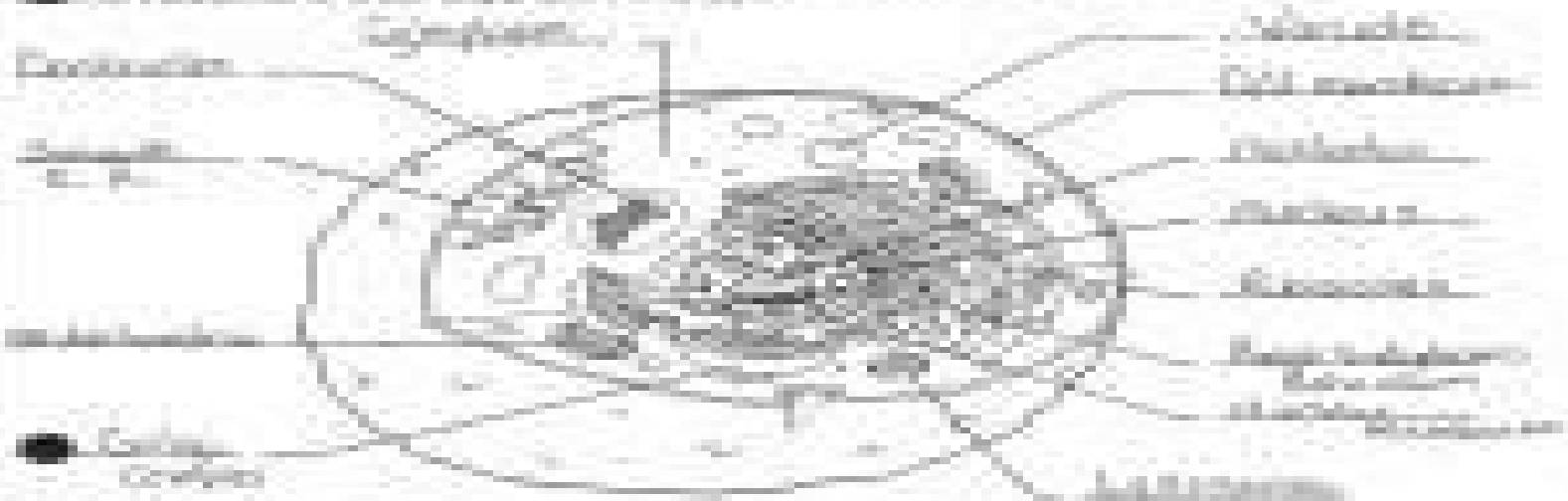


THE HALL CALL

100

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were randomly selected from a local health club. They were divided into two groups: a control group and an experimental group. The control group continued with their sedentary lifestyle, while the experimental group participated in a supervised exercise program consisting of aerobic and strength training. Physical fitness was assessed using a series of tests including a 1-mile run, a 1.5-mile walk, a 1.5-mile jog, a 1.5-mile swim, and a 1.5-mile bike ride. Health was assessed using a series of blood tests including cholesterol, triglycerides, and blood sugar. The results of the study showed that the experimental group had significantly improved physical fitness and health compared to the control group after 12 weeks of training.



10. *Staphylinus* laevigatus Degeer, 1775, Mem. Mus. Nat. Hist. Paris, 1: 117.
11. *Staphylinus* laevigatus Degeer, 1775, Mem. Mus. Nat. Hist. Paris, 1: 117.
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