



Abstract The purpose of this study was to determine the effect of a 12-week, supervised, low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to either the exercise or control group. The exercise group performed a 12-week, supervised, low-impact aerobically and resistance training program. The control group did not exercise. The subjects were assessed at baseline and at 12 weeks. The results showed that the exercise group had significantly higher levels of physical fitness and health-related quality of life than the control group at 12 weeks. The findings of this study suggest that a 12-week, supervised, low-impact aerobically and resistance training program can improve the physical fitness and health-related quality of life of sedentary, middle-aged women.

Answers For Microevolution Gizmo

Scott C. Dulebohn

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