

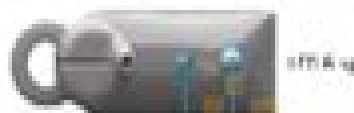


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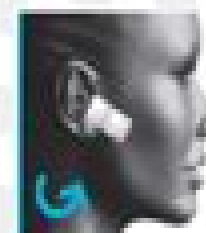
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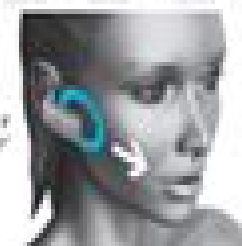
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Abstract—The authors examined the effects of a 12-week, low-intensity, low-impact, and low-volume exercise program on the health-related quality of life (HRQL) of older adults. The program was designed to be safe and enjoyable for older adults and to be easily implemented in a community setting. The program consisted of three 30-minute sessions per week, focusing on low-impact aerobic and strength exercises. The program was evaluated using a pre-post design. The results showed that the program had a positive effect on HRQL, with significant improvements in physical function, social functioning, and overall quality of life. The program was well-tolerated and enjoyed by the participants. The authors conclude that this program is a safe and effective way to improve HRQL in older adults.



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Aliph Jawbone Owners Manual

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