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- Abstract** The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. A total of 70 women were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week for 6 weeks. Physical fitness measures included maximal oxygen consumption ($\dot{V}O_{2\max}$), peak power output (PPO), and body composition. HRQL was assessed using the SF-36 questionnaire. The exercise group showed significant improvements in $\dot{V}O_{2\max}$, PPO, and body composition compared to the control group. Additionally, the exercise group showed significant improvements in several HRQL domains, including physical functioning, role limitations due to physical problems, bodily pain, general health perceptions, vitality, and social functioning. These findings suggest that a 6-week supervised exercise program can effectively improve both physical fitness and HRQL in sedentary middle-aged women.

Memorandum Of Isizulu Grade10 Paper 2 November 2014

RD Boyd



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