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Abstract
The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week training program consisting of three sessions per week. The control group (n = 20) remained sedentary. The primary outcome was the change in HRQL, measured using the EuroQol-5D questionnaire. Secondary outcomes included changes in physical fitness, measured using a 6-minute walk test and a 12-minute step test. The results showed that the intervention group had a significant improvement in HRQL and physical fitness compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.

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Discharge
 Discharge from the
 court is the
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 the court.

Abstract
Following a
review of the
current state of
the art, the
author discusses
the role of the
author in the
writing process.

[illegible]

Multi-Stressor-Multimodal Assessment

100 TABLETS

Personalized for
MEN
UNDER 50

The experts at Centura bring you complete solutions delivered without compromise. >>>

Abstract

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PAGE 6

Centrum
MEN
Centrum® is the
#1 doctor
recommended
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[illegible]

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

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For the purposes of this study, the following definitions were used: *perceptions* were defined as the beliefs, attitudes, and feelings that individuals have about a particular situation or event; *attitudes* were defined as the evaluations or judgments that individuals make about a particular situation or event; and *intentions* were defined as the plans or desires that individuals have to engage in a particular behavior.

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CONCLUSIONS

Investment in U.S. equities		Investment in U.S. bonds		Investment in U.S. stocks		Investment in U.S. bonds		Investment in U.S. stocks	
Year	Value	Year	Value	Year	Value	Year	Value	Year	Value
1990	\$1.0	1990	\$1.0	1990	\$1.0	1990	\$1.0	1990	\$1.0
1991	\$1.0	1991	\$1.0	1991	\$1.0	1991	\$1.0	1991	\$1.0
1992	\$1.0	1992	\$1.0	1992	\$1.0	1992	\$1.0	1992	\$1.0
1993	\$1.0	1993	\$1.0	1993	\$1.0	1993	\$1.0	1993	\$1.0
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2027	\$1.0	2027	\$1.0	2027	\$1.0	2027	\$1.0	2027	\$1.0
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