

**Адыгейская
ПРАВДА**

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О материальном ущербе, причиненном вандализмом-феминистским движением государственному предприятию и учреждениям, колледжам, общественным организациям и семьям СССР

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 a supervised exercise group or a control group. The supervised 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 supervised exercise group showed significant improvements in physical fitness and health-related quality of life compared to the control group. The supervised exercise group showed significant improvements in physical fitness and health-related quality of life compared to the control group. The supervised exercise group showed significant improvements in physical fitness and health-related quality of life compared to the control group.

