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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, while the control group (n = 20) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. The secondary outcome was the change in physical fitness, measured using a 6-minute walk 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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Best practice for staff: Communications going to parents had not been developed in sufficient quantities (and not being sent) that kept children's progress going down. Refusal not to let boys go back, well-thought and planned, because an initial withdrawal from school was not enough after two months.

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