

FOODS TO AVOID

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1. **Introduction**



Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The control group did not exercise. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week program. The exercise group had significantly higher levels of aerobic fitness, muscular strength, and muscular endurance than the control group. The exercise group also had significantly higher levels of body composition, including lower body fat percentage and higher lean body mass. The results of this study suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

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



Abstract

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Executive Summary
Summary of the Report
Recommendations
Appendix

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Raffaella Di Napoli

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