


FIGURE 1 ■ *Illustration of a person with a spinal cord injury, showing the location of the injury and the resulting paralysis.*

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Abstract *Abstracts of the papers presented at the conference are included in this section. The abstracts are arranged in alphabetical order of the author's name.*

Abstract: The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in Tehran, Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program consisting of aerobic exercises, strength training, and flexibility exercises. The control group did not participate in any training program. The physical health of the participants was measured using a series of tests, including a 6-minute walk test, a 30-second chair stand test, and a handgrip strength test. The psychological health of the participants was measured using a series of tests, including a Geriatric Depression Scale (GDS) and a Geriatric Anxiety Inventory (GAI). The results of the study showed that the experimental group had significantly better physical and psychological health than the control group after 12 weeks of training. The 6-minute walk test results showed that the experimental group had a significantly higher distance walked than the control group. The 30-second chair stand test results showed that the experimental group had a significantly higher number of stands than the control group. The handgrip strength test results showed that the experimental group had a significantly higher handgrip strength than the control group. The GDS results showed that the experimental group had a significantly lower score than the control group, indicating a lower level of depression. The GAI results showed that the experimental group had a significantly lower score than the control group, indicating a lower level of anxiety. The results of this study suggest that a 12-week training program can improve the physical and psychological health of elderly people.

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 EuroQol-5D questionnaire. Secondary outcomes included changes in physical fitness, measured by heart rate, blood pressure, and body mass index (BMI). The results showed that the intervention group had a significant improvement in HRQL compared to the control group. The improvement was most pronounced in the domains of physical health and mental health. There were no significant differences between the groups in terms of physical fitness. The study suggests that a 12-week training program can improve the HRQL of sedentary, middle-aged women.



Abstract – The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a cardiovascular workout, and the third was a strength training session. The results showed that the program had a positive effect on the women's physical health, with significant improvements in cardiovascular fitness, muscle strength, and body composition. Additionally, the program had a positive effect on the women's psychological health, with significant improvements in mood, self-esteem, and overall quality of life. The findings suggest that a 12-week training program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

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