

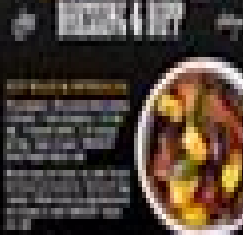


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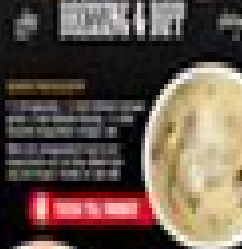
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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The program was designed to be a safe and effective means of increasing physical activity for women who were previously sedentary. The program consisted of three sessions per week, each lasting 30 minutes. The sessions included a warm-up, a low-impact aerobic workout, and a strength training routine. The results of the study showed that the program had a positive effect on the physical fitness of the women, with significant improvements in cardiovascular fitness, muscular strength, and body composition. The program was well-tolerated by the women, and they reported a high level of adherence. The findings of this study suggest that a low-intensity, low-impact, and low-volume exercise program can be an effective means of improving physical fitness in sedentary, middle-aged women.

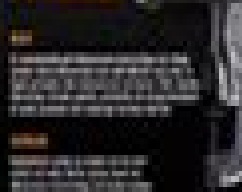
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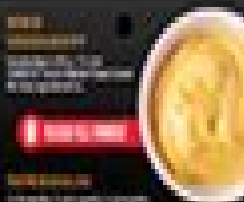
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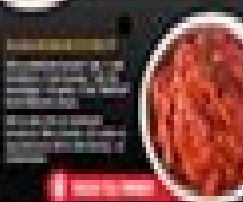
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