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Abstract

The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The participants were randomly assigned to either a control group or an exercise group. The exercise group performed a combination of aerobic and resistance training three times per week. The results showed that the exercise group had significant improvements in cardiovascular fitness, muscle strength, and HRQL compared to the control group. These findings suggest that a structured exercise program can effectively improve the physical fitness and HRQL of sedentary middle-aged women.

Keywords: Exercise, Physical Fitness, Health-Related Quality of Life, Middle-Aged Women.

Category	Item	Value
General Information	Name	John Doe
	Age	35
	Gender	Male
	Address	123 Main St, New York, NY 10001
	Phone	(212) 555-1234
	Email	john.doe@example.com
	Occupation	Software Engineer
	Education	Master's Degree
	Marital Status	Single
	Emergency Contact	John Doe
Medical History	Current Medications	Aspirin, Metformin
	Chronic Conditions	Hypertension, Diabetes
	Allergies	Penicillin, Shellfish
	Recent Surgeries	Appendectomy (2015)
	Family History	Heart Disease (Mother), Cancer (Father)
	Immunization Status	Up to date
	Current Health Status	Stable
	Referral Source	Primary Care Physician
	Referral Date	2023-10-27
	Referral Reason	Annual checkup
Insurance Information	Insurance Type	Private Health Insurance
	Policy Number	1234567890
	Insurance Company	ABC Insurance Co.
	Primary Care Physician	Dr. Jane Smith
	Referral Required	Yes
	Insurance Coverage	Comprehensive
	Insurance Status	Active
	Insurance Contact	1234567890
	Insurance Address	123 Main St, New York, NY 10001
	Insurance Email	john.doe@example.com
Financial Information	Income Source	Salary
	Income Amount	\$75,000
	Expenses	Health Insurance, Life Insurance
	Assets	Real Estate, Stocks
	Liabilities	Mortgage, Car Loan
	Net Worth	\$150,000
	Financial Status	Stable
	Financial History	Good
	Financial Contact	1234567890
	Financial Address	123 Main St, New York, NY 10001
Social History	Smoking Status	Former
	Alcohol Consumption	Occasional
	Drug Use	None
	Exercise Habits	Regular
	Dietary Habits	Healthy
	Stress Levels	Low
	Social Support	Good
	Substance Use	None
	Social Contact	1234567890
	Social Address	123 Main St, New York, NY 10001
Legal Information	Consent	Yes
	Signature	John Doe
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