

Abstract

The purpose of this study was to investigate the effect of a 12-week training program on the physical fitness and health of sedentary adults.

The study was a randomized controlled trial. The participants were divided into two groups: a control group and an intervention group.

The intervention group performed a 12-week training program consisting of three sessions per week. The control group did not participate in any training program.

The results of the study showed that the intervention group had significantly higher levels of physical fitness and health compared to the control group.

The study concluded that a 12-week training program can improve the physical fitness and health of sedentary adults.

Keywords: physical fitness, health, sedentary adults, training program.

Introduction

Physical fitness is a state of being that allows a person to perform physical activities with ease and without undue fatigue. It is a state of being that is achieved through regular physical activity and a healthy diet.

Physical fitness is important for many reasons. It can help to prevent chronic diseases, such as heart disease, diabetes, and obesity. It can also help to improve mental health and overall quality of life.

Methods

Study Design

The study was a randomized controlled trial. The participants were divided into two groups: a control group and an intervention group.

Participants

The participants were sedentary adults aged 18 to 65 years old. They were recruited from local health clubs and community centers.

The participants were divided into two groups: a control group and an intervention group.

The control group did not participate in any training program.

The intervention group performed a 12-week training program consisting of three sessions per week.

The training program consisted of three sessions per week.

The first session was a warm-up session.

The second session was a cardiovascular session.

The third session was a strength training session.

The training program was supervised by a certified personal trainer.

The participants were monitored throughout the study.

The results of the study are presented in the following sections.

The study was approved by the local ethics committee.

The study was funded by the local health department.

The study was published in the Journal of Physical Activity.

The study was registered with the ClinicalTrials.gov database.

The study was conducted in a controlled environment.

The study was conducted in a controlled environment.

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