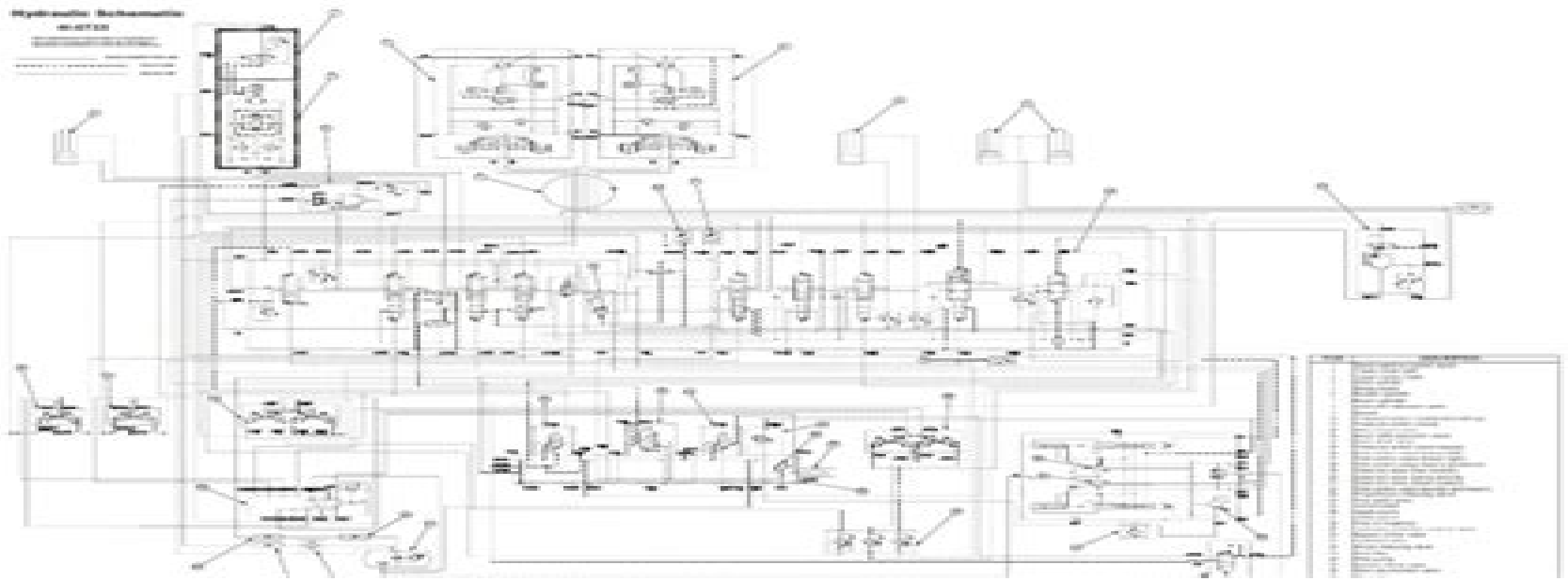




- Abstract**
- The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of elderly individuals. The study involved 30 elderly participants who were randomly assigned to either a control group or an exercise group. The exercise group participated in a supervised aerobic and strength training program three times per week. Physical fitness measures included maximum oxygen consumption ($\dot{V}O_{2\max}$), heart rate reserve (HRR), and muscle strength. HRQL was assessed using the EuroQOL-5D questionnaire. Results showed that the exercise group significantly improved their physical fitness and HRQL compared to the control group after 6 weeks of training.

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