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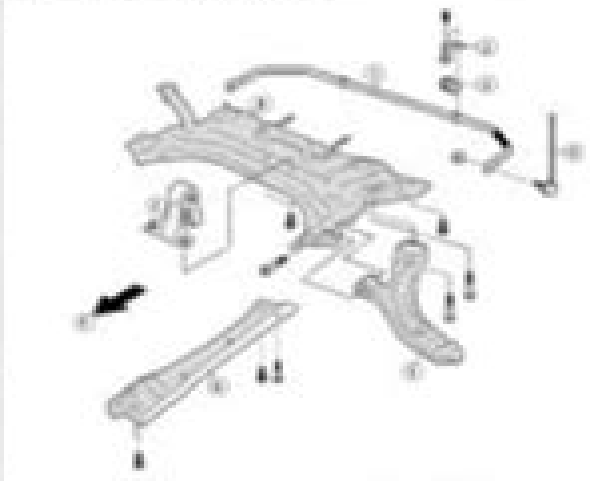
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life of sedentary middle-aged men. The study was a randomized controlled trial. The intervention group (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 training program included aerobic, strength, and flexibility exercises. The control group remained sedentary throughout the study. The primary outcome was the change in physical fitness, measured by the 6-minute walk test (6MWT). The secondary outcome was the change in health-related quality of life, measured by the EuroQol-5D (EQ-5D) questionnaire. The results showed that the intervention group had a significant increase in 6MWT distance and EQ-5D score compared to the control group. The findings suggest that a 12-week training program can improve physical fitness and health-related quality of life in sedentary middle-aged men.

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