

Abstract

The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of sedentary adults. The study was conducted in a laboratory setting and involved 30 participants who were randomly assigned to either a training group or a control group. The training group performed a combination of aerobic and strength training exercises, while the control group remained sedentary. Data were collected at baseline and at the end of the 12-week period.

Results showed that the training group experienced significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Additionally, the training group reported a decrease in anxiety and an increase in overall well-being. These findings suggest that a structured exercise program can have positive effects on both physical and mental health.

Introduction

Sedentary behavior has become a global public health concern due to its association with various chronic diseases, including heart disease, diabetes, and obesity. Physical inactivity is also linked to mental health issues, such as depression and anxiety. Therefore, promoting regular physical activity is essential for improving overall health and quality of life. This study aims to explore the benefits of a 12-week training program for sedentary adults.

Methodology

The study was a randomized controlled trial involving 30 sedentary adults. The participants were divided into two groups: a training group and a control group. The training group followed a 12-week program consisting of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercises (e.g., running, cycling) and strength training exercises (e.g., weightlifting, resistance band exercises). The control group remained sedentary throughout the study. Data were collected at baseline and at the end of the 12-week period.

Results

The results of the study showed that the training group experienced significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Specifically, the training group showed a significant increase in maximum heart rate, resting heart rate, and muscle strength. Additionally, the training group reported a decrease in anxiety and an increase in overall well-being. These findings suggest that a structured exercise program can have positive effects on both physical and mental health. The study has several limitations, including a small sample size and a short duration. Future research should investigate the long-term effects of the training program and its impact on a larger population.

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