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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 of middle-aged women. The study was conducted in a community-based setting. The participants were 30 middle-aged women who were randomly selected from a local health center. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The physical fitness and health of the participants were assessed at the beginning and end of the training program. The results of the study showed that the training program had a significant positive effect on the physical fitness and health of the participants. The participants showed significant improvements in their aerobic fitness, strength, and flexibility. Additionally, the participants reported a decrease in their body mass index (BMI) and an increase in their overall health. The study suggests that a 12-week training program can be an effective way to improve the physical fitness and health of middle-aged women.

Figure 1. Schematic diagram of the experimental setup. The subject is seated in a chair, and the head is fixed to the headrest. The subject is viewing the screen through the video camera. The screen displays the visual feedback. The subject is viewing the screen through the video camera. The screen displays the visual feedback. The subject is viewing the screen through the video camera. The screen displays the visual feedback.

