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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness and health-related quality of life of sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group performed a 12-week, low-intensity, low-impact, and low-volume exercise program. The control group did not exercise. The primary outcome was the change in physical fitness, measured by the 6-minute walk test. Secondary outcomes were the change in health-related quality of life, measured by the SF-36. The results showed that the intervention group had a significant increase in physical fitness and health-related quality of life compared to the control group. The findings suggest that a 12-week, low-intensity, low-impact, and low-volume exercise program can improve physical fitness and health-related quality of life in sedentary, middle-aged women.

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