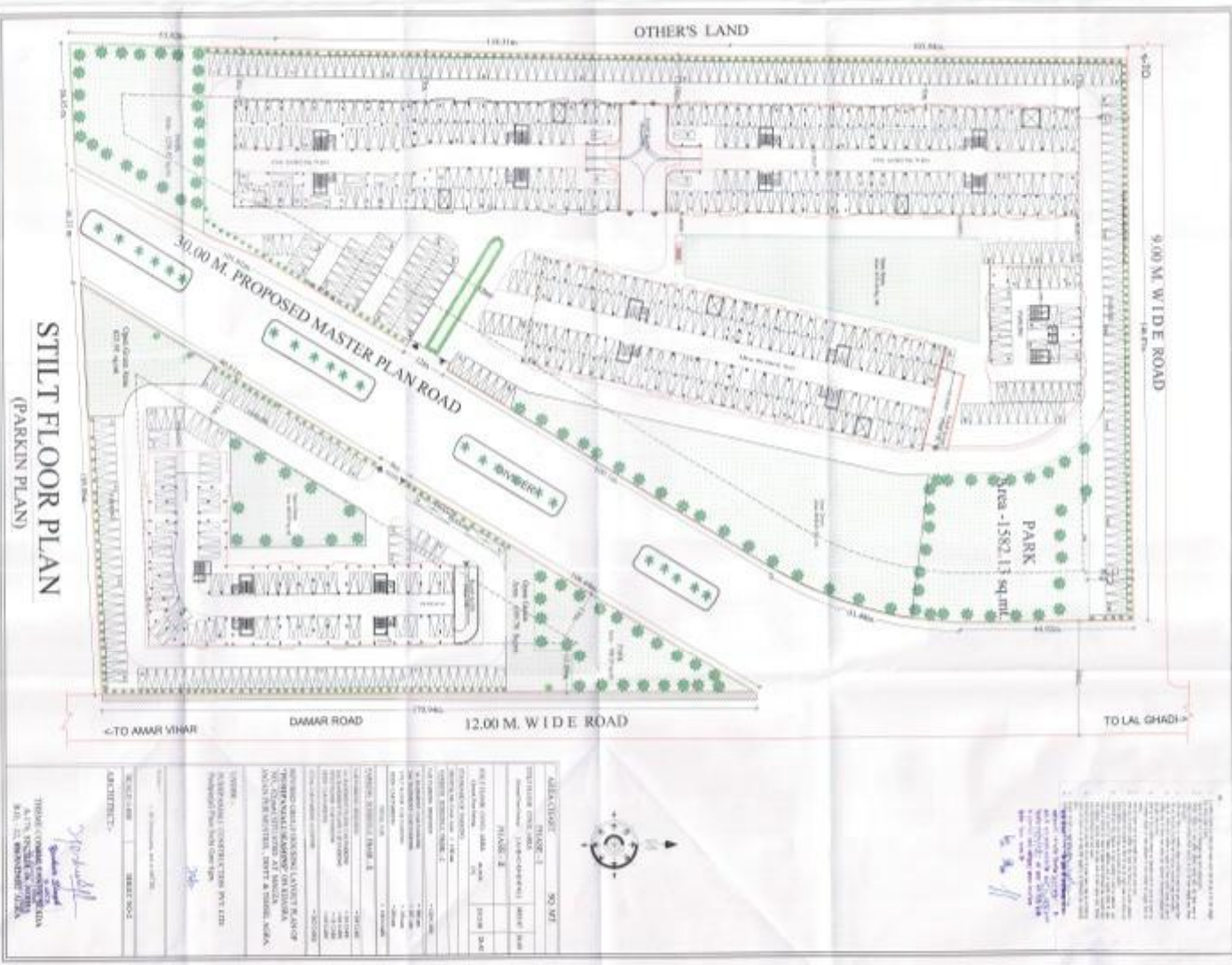
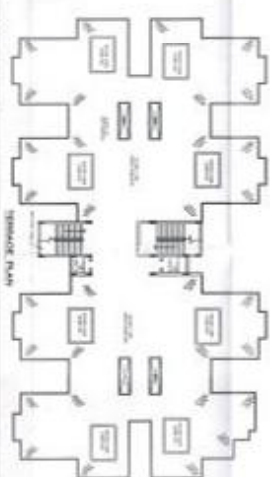
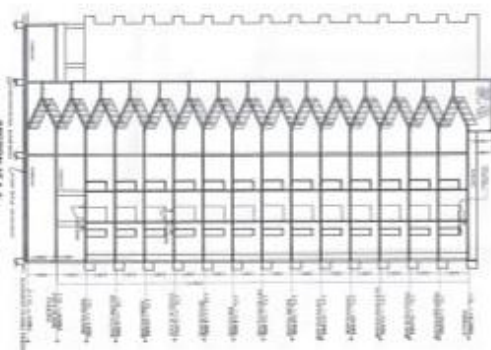






ABSTRACT
The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary, middle-aged men. The subjects were 20 men, aged 40 to 50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a control group or a training group. The training group performed a 12-week program of aerobic exercise, three times per week, for 45 minutes per session. The control group did not exercise. Physical fitness was measured by a maximal oxygen consumption test, and health was measured by a blood pressure test. The results showed that the training group had a significant increase in maximal oxygen consumption and a significant decrease in blood pressure compared to the control group. These findings suggest that a 12-week training program can improve physical fitness and health in sedentary, middle-aged men.

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