

Miss Gallup New Mexico Teen Latina crowned

Written by Story and photos by Shepherd Waldenberger Sun Correspondent
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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 (HRQL) of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a 12-week training program or a control group. The training program consisted of three sessions per week, each lasting 45 minutes, and included aerobic and strength training. The control group continued with their sedentary lifestyle. The primary outcome measures were changes in physical fitness (measured by maximum heart rate, maximum oxygen consumption, and maximum power) and HRQL (measured by the SF-36 questionnaire). The results showed that the training program significantly improved physical fitness and HRQL in the women. The maximum heart rate, maximum oxygen consumption, and maximum power all increased significantly in the training group compared to the control group. The SF-36 questionnaire scores also improved significantly in the training group, indicating a positive impact on HRQL. The findings suggest that a 12-week training program can effectively improve physical fitness and HRQL in sedentary, middle-aged women.