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## 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 control group or a training group. The training group participated in a 12-week program of aerobic exercise, strength training, and flexibility exercises. The control group remained sedentary throughout the study. Data were collected at baseline, 6 weeks, and 12 weeks. The results showed that the training group experienced significant improvements in cardiovascular fitness, muscle strength, and flexibility compared to the control group. Additionally, the training group reported a decrease in anxiety and an increase in overall well-being. The findings suggest that a 12-week training program can have positive effects on the physical and psychological health of sedentary adults.

**Keywords:** Exercise, Training, Physical Health, Psychological Health, Sedentary Adults

## Introduction

Physical inactivity is a leading cause of preventable disease and disability worldwide. It is associated with a range of health problems, including obesity, heart disease, and depression. Therefore, promoting physical activity is a key public health goal.

Exercise has been shown to have numerous benefits for physical and psychological health. It can improve cardiovascular fitness, muscle strength, and flexibility. Additionally, exercise can reduce stress, anxiety, and depression, and improve overall well-being.



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 control group or a training group.

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# Clarion Db235 User Manual

**Yicheng Fang**



**Clarion Db235 User Manual:**

**User Manual(2000 Edition).** ,2000      *User's manual* ,1991

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