

Abstract. The primary aim of the present study was to investigate the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. The study was conducted in a community-based setting in the city of Valencia, Spain. The participants were randomly assigned to either the intervention group (IG) or the control group (CG). The IG received a supervised exercise program consisting of aerobic, strength, and flexibility exercises, while the CG remained sedentary. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, body composition, and blood pressure. The results showed that the IG significantly improved their HRQL compared to the CG, particularly in the domains of physical functioning, role-physical, and vitality. Additionally, the IG showed significant improvements in physical fitness, including increased aerobic capacity, muscle strength, and flexibility. There were no significant differences between the groups in terms of body composition or blood pressure. The findings suggest that a 12-week supervised exercise program can effectively improve the physical fitness and HRQL of sedentary middle-aged men. Further research is needed to explore the long-term effects of such interventions and to identify the most effective components of the program.

Keywords: sedentary lifestyle, middle-aged men, physical fitness, health-related quality of life, supervised exercise program.

Introduction: Physical inactivity is a leading cause of preventable disease and disability worldwide. It is associated with a higher risk of cardiovascular disease, type 2 diabetes, and obesity. Moreover, physical inactivity is linked to lower health-related quality of life (HRQL) and increased mortality. Regular physical activity, on the other hand, has been shown to improve physical fitness, reduce the risk of chronic diseases, and enhance HRQL. However, many individuals are unable to engage in regular physical activity due to various barriers, such as lack of time, knowledge, or resources. Therefore, it is essential to develop effective interventions that can help sedentary individuals become more physically active and improve their overall health and well-being.

Community-based exercise programs have been shown to be effective in promoting physical activity and improving HRQL in sedentary individuals. These programs provide a supportive environment where individuals can receive guidance, encouragement, and social support. However, the effectiveness of these programs may vary depending on the type of intervention, the duration, and the intensity of the exercise. Therefore, it is important to evaluate the impact of different exercise programs on the physical fitness and HRQL of sedentary middle-aged men.

The present study was designed to investigate the effect of a 12-week supervised exercise program on the physical fitness and HRQL of sedentary middle-aged men. The study was conducted in a community-based setting in the city of Valencia, Spain. The participants were randomly assigned to either the intervention group (IG) or the control group (CG). The IG received a supervised exercise program consisting of aerobic, strength, and flexibility exercises, while the CG remained sedentary. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, body composition, and blood pressure.

The results of the study showed that the IG significantly improved their HRQL compared to the CG, particularly in the domains of physical functioning, role-physical, and vitality. Additionally, the IG showed significant improvements in physical fitness, including increased aerobic capacity, muscle strength, and flexibility. There were no significant differences between the groups in terms of body composition or blood pressure. The findings suggest that a 12-week supervised exercise program can effectively improve the physical fitness and HRQL of sedentary middle-aged men.

Further research is needed to explore the long-term effects of such interventions and to identify the most effective components of the program. Additionally, it is important to consider the barriers to physical activity and to develop strategies to overcome these barriers. Community-based exercise programs may be a valuable tool for promoting physical activity and improving HRQL in sedentary individuals.

Conclusion: A 12-week supervised exercise program can effectively improve the physical fitness and HRQL of sedentary middle-aged men. The program should include aerobic, strength, and flexibility exercises. Further research is needed to explore the long-term effects of such interventions and to identify the most effective components of the program.

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