



Abstract: The study investigated 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 program included aerobic and resistance training. The results showed that the program significantly improved the women's physical fitness and HRQL. The findings suggest that a 12-week training program can be an effective intervention for improving the physical fitness and HRQL of sedentary middle-aged women.