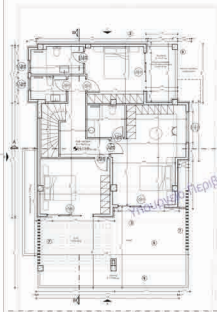


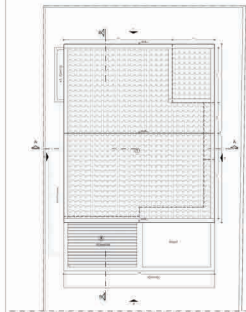


Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The study was a randomized controlled trial. The participants were randomly assigned to either a training group or a control group. The training group performed a 12-week program of aerobic and resistance training. The control group did not participate in any training. 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 training group had significant improvements in HRQL, physical fitness, and body composition compared to the control group. The improvements in HRQL were maintained at the 12-week follow-up. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary middle-aged women.

- ② Anticardiolipin antibody
- ③ Anticardiolipin antibody
- ④ Anticardiolipin
- ⑤ Anticardiolipin
- ⑥ Anticardiolipin

[illegible]

- ① Anticardiolin antibody assay
- ② Immunoprecipitation assay
- ③ Enzyme immunoassay
- ④ Indirect immunofluorescence
- ⑤ Indirect immunoprecipitation



- ① 通常、電位は電圧と等しい。
② 電圧は電位の差である。



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