

Eleocharis parvula

Scritto da Andrea Perotti

Mercoledì 20 Ottobre 2010 12:34 - Ultimo aggiornamento Mercoledì 20 Ottobre 2010 12:49

{qluetip title=[[Eleocharis parvula](#)]}



{/qluetip}

(Roem. & Schult.)



Mercoledì 20 Ottobre 2010 12:34 - Ultimo aggiornamento Mercoledì 20 Ottobre 2010 12:49



Eleocharis parvula }

[illegible]

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 men. The study was a randomized controlled trial. The participants were divided into two groups: a training group and a control group. The training group performed a 12-week program of aerobic and resistance training. The control group remained sedentary. Physical fitness was measured using a 6-minute walk test, a 10-meter walk test, and a 400-meter walk test. HRQL was measured using the SF-36 questionnaire. The results showed that the training group had significantly higher physical fitness and HRQL than the control group at the end of the 12-week program. The findings suggest that a 12-week training program can improve physical fitness and HRQL in sedentary middle-aged men.

Eleocharis parvula

Scritto da Andrea Perotti

Mercoledì 20 Ottobre 2010 12:34 - Ultimo aggiornamento Mercoledì 20 Ottobre 2010 12:49



Eleocharis parvula

Scritto da Andrea Perotti

Mercoledì 20 Ottobre 2010 12:34 - Ultimo aggiornamento Mercoledì 20 Ottobre 2010 12:49

