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Abstract—The objective of this study is to investigate the effects of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in a large city in Brazil. The participants were 60 elderly people, aged 65 and over, who were randomly divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic exercises, strength training, and flexibility exercises. The control group did not participate in any training program. The results of the study showed that the experimental group had significantly higher levels of physical fitness and psychological well-being compared to the control group at the end of the 12-week period. The findings suggest that a 12-week training program can effectively improve the physical and psychological health of elderly people.

There are also several interesting problems in the literature regarding the use of a single variable to represent a whole. For example, in the case of a single variable, the use of a single variable to represent a whole is not always appropriate.

100



Dr. John W. Hines, a veterinarian practicing in the New York City area, notes that although there is a great deal of concern in the veterinary world, he has had no reports of any unusual outbreaks of disease in his practice. He has seen a few cases of unusual outbreaks of disease in his practice, but he has not seen any cases of unusual outbreaks of disease in his practice.

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