

Abstract: The purpose of this study was to investigate the effect of a 12-week supervised exercise program on the body composition and physical fitness of sedentary, overweight, middle-aged men.

Introduction

Overweight and obesity are global public health problems, with prevalence rates increasing steadily over the past few decades. Excess body weight is associated with a higher risk of developing chronic diseases such as cardiovascular disease, type 2 diabetes, and certain types of cancer. Physical inactivity is another major risk factor for these conditions. Exercise is a key component of a healthy lifestyle and can help to reduce the risk of chronic disease. However, many people find it difficult to maintain a regular exercise routine. Supervised exercise programs, where participants are monitored and supported by healthcare professionals, may be more effective in promoting long-term adherence to exercise. This study aimed to evaluate the impact of a 12-week supervised exercise program on the body composition and physical fitness of sedentary, overweight, middle-aged men.

The study was a randomized controlled trial involving 60 sedentary, overweight, middle-aged men. The participants were randomly assigned to either a supervised exercise group or a control group. The supervised exercise group performed a 12-week program of supervised aerobic and resistance training. The control group did not exercise during the study period. Body composition and physical fitness were measured at baseline and at the end of the 12-week period.

The results of the study showed that the supervised exercise program had a significant positive effect on body composition and physical fitness. The supervised exercise group showed a significant decrease in body mass index (BMI) and waist circumference, and a significant increase in lean body mass and muscle strength. The control group showed no significant changes in any of the measured variables.

Conclusion

The results of this study suggest that a 12-week supervised exercise program can effectively improve body composition and physical fitness in sedentary, overweight, middle-aged men.

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References