

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume aquatic exercise program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were randomly assigned to either an aquatic exercise group or a control group. The aquatic exercise group performed a 12-week, low-intensity, low-impact, and low-volume aquatic exercise program. The control group performed no exercise. The subjects were assessed for physical fitness at baseline and at 12 weeks. The aquatic exercise group showed significant improvements in physical fitness compared to the control group. The improvements were seen in all measures of physical fitness, including cardiovascular fitness, muscular fitness, and body composition. The aquatic exercise program was found to be an effective means of improving physical fitness in sedentary, middle-aged women.

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Christian Drosten



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