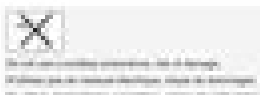
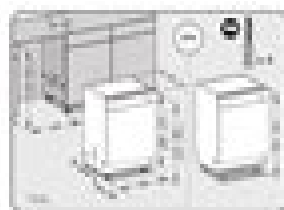


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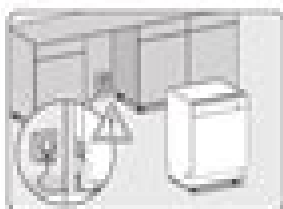
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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary, middle-aged men. The subjects were 20 men, aged 40 to 55 years, who were sedentary and had no known cardiovascular disease. They were divided into two groups: a control group and a training group. The training group participated in a 12-week program of aerobic exercise, three times per week, for 30 minutes per session. The control group did not participate in any exercise program. Physical fitness was measured at the beginning and end of the 12-week period using a variety of tests, including a maximal aerobic power test, a submaximal aerobic power test, and a resting heart rate test. Health was measured using a series of questionnaires that assessed lifestyle factors such as diet, smoking, and alcohol consumption. The results of the study showed that the training group had significantly higher levels of physical fitness and better health than the control group at the end of the 12-week period. These findings suggest that a 12-week training program can improve the physical fitness and health of sedentary, middle-aged men.

Other authors of *Diagnosis of Autism*

Dr. Josephine S. Bower and Dr. Richard L. Loeber, both of the University of Alberta, are co-authors of the book. Dr. Bower is a professor of psychology and Dr. Loeber is a professor of psychology and law. They are also co-authors of the book *Diagnosis of Autism: A Manual for the Clinician*, published by the same publisher.



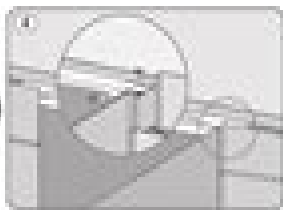
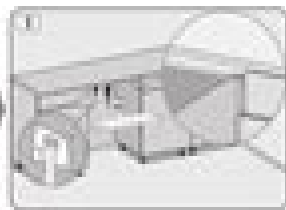
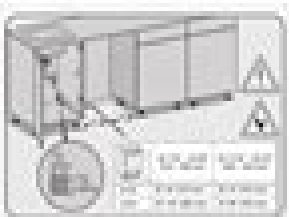
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The authors of this article are all members of the Department of Psychology, University of California, San Diego, La Jolla, CA 92037.

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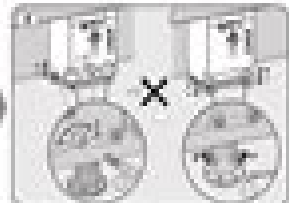
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1999. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38, 10, 1291-1297.

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