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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either an exercise group or a control group. The exercise group performed a 12-week, low-intensity, low-impact, and low-volume exercise program. The control group did not exercise. The physical fitness of the subjects was measured at baseline and at the end of the 12-week period. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The exercise program was effective in improving the physical fitness of sedentary, middle-aged women.

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- **Strongly positive effect of social network support on e-VOI:**
Individuals who utilized various support groups reported:
- **Less self-blame and stronger organizational confidence:**
These factors are influential for decision-making and action.

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