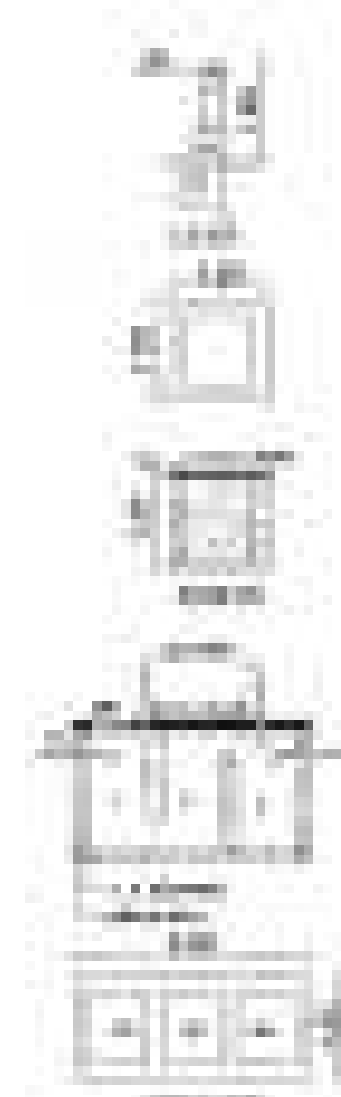
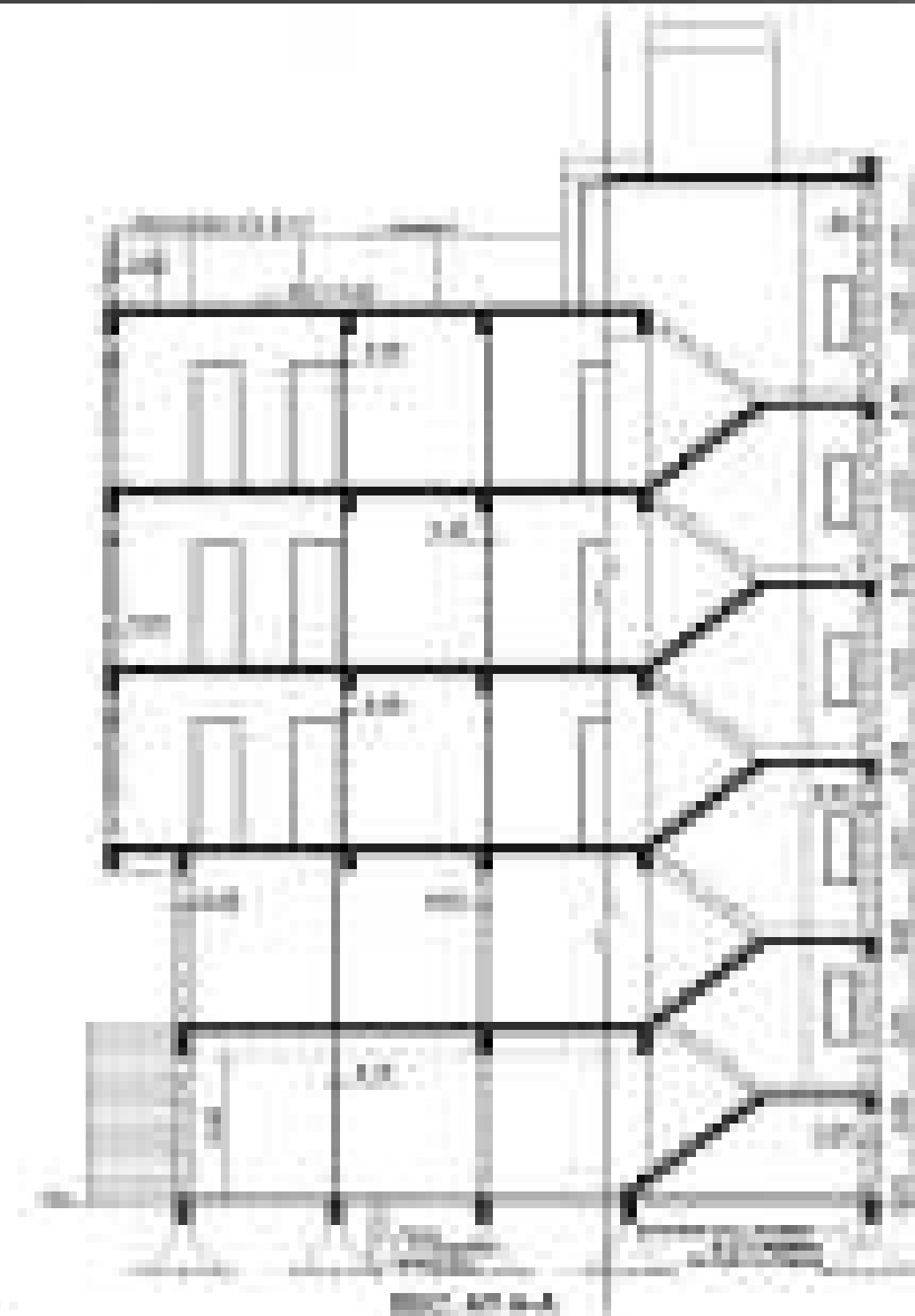


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JAMES M. HARRIS
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JAMES M. HARRIS

Abstract The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in Tehran, Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any training program. The study measured various physical and psychological health indicators at the beginning and end of the 12-week period. The results showed that the experimental group had significant improvements in physical health indicators (e.g., endurance, strength, and flexibility) and psychological health indicators (e.g., mood, self-esteem, and social interaction) compared to the control group. The findings suggest that a 12-week training program can effectively improve the physical and psychological health of elderly people.	Keywords elderly people, training program, physical health, psychological health, community center.
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[illegible]

THESE RESULTS ARE IN ACCORDANCE WITH THE FINDINGS OF OTHER STUDIES. FOR EXAMPLE, A STUDY BY [REDACTED] IN 1998 REPORTED THAT THE PREVALENCE OF [REDACTED] IN THE GENERAL POPULATION WAS [REDACTED].

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