

PERMESSO DI COSTRUIRE  
N.

**SAVIGNONE PULSA**  
**IL DIRIGENTE SETTORE 6°**

**PROGETTO 0.01** (dispositivo PRS/53045/19/20) Tdla autoalimentazione sigg. progetto 12/13 data 09/04/2013a, relativo

I lavori di cui al presente permesso di costruire dovranno essere realizzati nel rispetto delle prescrizioni tecniche esecutive.

[illegible]

**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The study was a randomized controlled trial. The participants were divided into two groups: a training group and a control group. The training group performed a 12-week program of aerobic and resistance training. The control group did not participate in any training. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, body composition, and blood pressure. The results showed that the training group had significant improvements in HRQL, physical fitness, and body composition compared to the control group. The control group showed no significant changes in any of the outcomes. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary middle-aged women.

## ADEMPIMENTI NEL CORSO DEI LAVORI

DEVELOPMENT OF A CLASSIFICATION SCHEME FOR FLAVOR

Del rilascio del presente permesso di costruire sarà data notizia al pubblico nei modi prescritti dall'ottavo comma del con-

**Assenno** dopo che tu lo hai dipinto al computer. JaAtR peevist 6 dal omigatta originala del a presentare e formarsa co' sto dolo

## SEPTONTE INTERNATIONAL TEAM COORDINATOR

Redatto e approvato dal Consiglio Comunale del Comune ai sensi dell'Art. 124 del T.U. 267 del 18/08/2000.

