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Abstract The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. Thirty-two men aged 40-59 years old participated in a supervised exercise program consisting of aerobic and resistance training three times per week. Physical fitness was assessed by maximal oxygen consumption ($\dot{V}O_{2\max}$) and muscular strength. HRQL was measured using the SF-36 questionnaire. After 6 weeks, there were significant improvements in $\dot{V}O_{2\max}$, muscular strength, and all eight dimensions of HRQL. These findings suggest that a 6-week supervised exercise program can improve physical fitness and HRQL in sedentary middle-aged men.

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