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Abstract The purpose of this study was to investigate the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of elderly individuals. The study involved 30 participants aged 65 and older, who were randomly assigned to either a control group or an intervention group. The intervention group participated in a supervised exercise program consisting of aerobic, strength, and flexibility exercises, three times per week. Physical fitness was assessed using a series of standardized tests, including a 6-minute walk test, a handgrip strength test, and a balance test. HRQL was measured using the EuroQOL-5D questionnaire. Data were analyzed using descriptive statistics and t-tests. Results showed that the intervention group significantly improved their physical fitness and HRQL compared to the control group after 6 weeks. These findings suggest that a structured exercise program can effectively enhance the physical fitness and HRQL of elderly individuals.

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