

The first part of the paper is devoted to the study of the asymptotic behavior of the solutions of the system (1) for large values of the parameter ϵ . It is shown that the solutions of the system (1) are asymptotically equivalent to the solutions of the system (2) for large values of ϵ . The asymptotic expansion of the solutions of the system (1) is obtained in the form of a power series in ϵ^{-1} . The asymptotic expansion of the solutions of the system (1) is obtained in the form of a power series in ϵ^{-1} .

The second part of the paper is devoted to the study of the asymptotic behavior of the solutions of the system (1) for small values of the parameter ϵ . It is shown that the solutions of the system (1) are asymptotically equivalent to the solutions of the system (3) for small values of ϵ . The asymptotic expansion of the solutions of the system (1) is obtained in the form of a power series in ϵ . The asymptotic expansion of the solutions of the system (1) is obtained in the form of a power series in ϵ .

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QUESTION 1

The following table shows the number of people who attended a football match in each year from 1990 to 1995. The attendance figures are given in thousands of people. The table shows the number of people who attended the match in each year from 1990 to 1995. The number of people who attended the match in each year is given in thousands of people. The number of people who attended the match in each year is given in thousands of people. The number of people who attended the match in each year is given in thousands of people.

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Abstract

The purpose of this study was to investigate the effects of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. The study was a randomized controlled trial. The participants were divided into two groups: an intervention group and a control group. The intervention group performed a supervised exercise program consisting of aerobic and resistance training. The control group remained sedentary. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. Secondary outcomes included changes in physical fitness, such as maximum oxygen consumption (VO₂max), and body composition. The results showed that the intervention group had a significant improvement in HRQL, particularly in the physical function and vitality domains, compared to the control group. Additionally, the intervention group showed significant improvements in VO₂max and a decrease in body fat percentage. The control group showed no significant changes in any of the measured variables. The findings suggest that a 12-week supervised exercise program can improve HRQL and physical fitness in sedentary middle-aged men.

Keywords: sedentary, middle-aged men, physical fitness, health-related quality of life, supervised exercise program, SF-36, VO₂max, body composition.

Introduction

Physical inactivity is a leading cause of preventable death and disability worldwide. It is associated with a higher risk of chronic diseases, such as cardiovascular disease, type 2 diabetes, and obesity. Moreover, physical inactivity is linked to a lower quality of life and increased mortality. Therefore, promoting physical activity and improving physical fitness are essential for maintaining good health and well-being.