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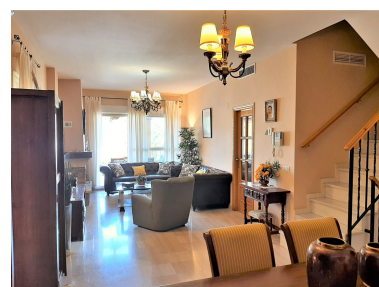
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical activity program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index (BMI). The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 12-week period compared to the control group. Additionally, the BMI of the children in the experimental group decreased significantly. These findings suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

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■■■■■■■■■■:BEAUTIFUL VILLA OPPORTUNITY IN BENALMADENA COSTA This beautiful property has 4 bedrooms with fitted wardrobes, three bathrooms, a fitted kitchen and a large living / dining room with a fireplace, From the bedrooms and the balcony on the first floor there is a magnificent view of the sea. Outside there is a large private pool and barbecue area with different terraces, which due to its ideal orientation you can always find areas of sun and shade to spend pleasant evenings with family and / or friends. Built-in wardrobes, Air conditioning, Terraces, Balcony, Storage room, Garage for 2 vehicles. The villa is located in one of the most sought after areas of Benalmádena, on a quiet residential street just 300 m from the beach, shops, bars and restaurants. In addition, the house offers an independent apartment with 2 bedrooms, bathroom, kitchen and living room in the lower part of the house. Urbanization and residential area located by the sea, with chalet-type homes and low-rise apartments. There are also several hotels in the area. It has all kinds of equipment and even has the International College. Much of its extension is occupied by a golf club. Its beaches include Las Yucas, Torrevigía, Viborilla and Torrequebrada. Its main roads are the Carretera de Cádiz, Ronda Golf Este street and Las Palmeras avenue. The Hondo stream and the Pantano stream cross this area. The luxurious casino located in the Torrequebrada Hotel stands out.

