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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 Bursa, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in 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 maximum heart rate, maximum oxygen consumption, maximum power, maximum speed, and maximum distance. The results of the study showed that the experimental group had significantly higher values for all five measurements at the end of the 12-week period compared to the control group. The results suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

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■■■■■ 2025



■■■■■■■■■■: Building with ground floor plus two floors (total 228 m2), located right behind Plaza Merced, in the historical centre of Malaga, in a quiet pedestrian street, close to "Lagunillas", the popular & trendy neighborhood characterized by unique street art and "murales". You are in the heart of the city, and at the same time at a 15-min walk (approx 1.4 km away) from the "Malagueta", the closest beach to the city centre. The building has been completely renovated a year ago, to divide it into n. 6 living units, 2 units per floor: 5 1-bed apartment and 1 2-bed apartment. All apartments have full bathroom, pre-installation of kitchen and pre-installation of Air Conditioning units (in both the living rooms and in the bedrooms), independent electric meter and system for auto check-in. 2 apartments have an internal patio and 1 attic apartment has a small terrace. These n. 6 apartments are perfect for both short, medium and long term stays. Some of these apartments have already a tourist license in place. This property represents a great investment opportunity; recently renovated, excellent location, ease of managing 6 apartments (as located in the same building), high occupancy rate (approx. 80-90%) and expected rental revenue.

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