

## **The Effect of a 12-Week Regular AeroPilates Exercise Program on Physiological Parameters of Sedentary Women Aged 30-40 Years**

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**ABSTRACT** This research was conducted for determining the effects of a 12-week regular AeroPilates exercise program on physiological parameters of women aged 30-40 years. 40 sedentary women formed the Pilates exercise (n=20) and control groups (n=20), and participated in this research voluntarily. The experimental group performed Pilates exercise 3 days a week, with fifty to sixty percent of the target heart beat rate, 60 minutes a day for 12 weeks. Arithmetic mean and standard deviation values were determined for all variables. It was analyzed by a paired t-test whether there was a relationship between the variables at a p<0.05 significance level. As the result, positive developments were found in flexibility, weight, balance, leg strength, girth and the fat values in biceps, triceps, abdominal, quadriceps and suprailiac site of middle-aged individuals participated in the regular Pilates exercise. Thus, it is thought that Pilates may have positive effects on quality of life in individuals who participate in the exercises.