





for parts b, c, and d, and levels 6-7 for parts a, and e. This methodology had been previously used in a similar study [9]. The program was designed in compliance of the ACSM recommendations [30,31] for the improvement of cardiorespiratory fitness, the exercise

## **RESULTS**

Table I shows a summary description of the HRQoL scores before and after the exercise program. Following the intervention, significant improvements were found in the domains of physical function (14.8%;  $p=0.001$ ), role - physical (15.3%,  $p=0.021$ ), bodily pain (32.0%,  $p=0.001$ ), vitality 28.9%,  $p=0.001$ ) (28.9 %), social function (12.8%,  $p=0.034$ ), and mental health (14.5%,  $p=0.022$ ).

the domains of bodily pain (32.0%)



## **CONCLUSIONS**

From the results of the present study it can be concluded that a medium-impact aquaerobic program (two weekly sessions of 60 min during 8 months) is able to HRQoL in most domains, particularly bodily pain and vita





37.

