***Inclusion criteria:***

1) being between 45 and 60 years old

2) not having severe somatic or psychiatric disorders, or diseases that prevent physical exercise (Answer “no” to all questions on the Physical Activity Readiness Questionnaire (PAR-Q)).

3) not being engaged in regular physical activity >20 minutes on >3 days/week in the last 3 months

4) being able to ambulate without assistance

5) being able to communicate

6) being capable and willing to provide informed consent

***Exclusion criteria:***

1) suffering from acute or terminal illness

2) having suffered a major cardiovascular event (i.e. myocardial infarction, angina, or stroke) in the past 6 months

3) inability to ambulate

4) suffering from an unstable cardiovascular disease or other medical condition

5) having had upper or lower extremity fracture in the past 6 months

6) unwillingness to complete the study requirements

7) presence of neuromuscular disease or drugs affecting neuromuscular function