

### Introduction

The purpose of this study was to investigate the effects of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of individuals with a history of stroke. The study was designed to evaluate the impact of a structured exercise regimen on various health outcomes, including physical fitness, functional status, and mental well-being.

The study was conducted in a controlled setting, involving a group of participants who had a confirmed history of stroke. The exercise program was tailored to be low-intensity and supervised, ensuring safety and adherence. The primary objectives were to assess changes in physical and psychological health over the 12-week period.

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