

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110

© 2000 Blackwell Science Ltd, *Journal of Internal Medicine* 247: 395–402

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 109–116

© 2000 Blackwell Science Ltd, *Journal of Internal Medicine* 247: 395–402

© 2000 Blackwell Science Ltd, *Journal of Internal Medicine* 247: 391–397

Individual participants were randomly assigned to either the 10-min or 20-min condition. The 10-min condition consisted of 10-min of walking on a treadmill at 1.5 m/s, followed by 10-min of rest. The 20-min condition consisted of 20-min of walking on a treadmill at 1.5 m/s, followed by 20-min of rest. The order of the conditions was randomized. The participants were instructed to maintain a steady pace and to breathe normally throughout the experiment. The participants were also instructed to maintain a steady pace and to breathe normally throughout the experiment.

Copyright © 2004 by John Wiley & Sons, Inc.

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110

3. Study Design: A descriptive study of the health status of the community of the study population, based on a cross-sectional survey of the community. The study was conducted in the community of the study population, based on a cross-sectional survey of the community.

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 105–112

Copyright © 2004 John Wiley & Sons, Ltd.

