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Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard training program, while the experimental group received a modified training program. The results of the training program were compared between the two groups.

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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of aerobic and resistance exercise. The CON group did not exercise. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The EX group also showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day.

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