





**Abstract**

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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 12 sedentary women, 40 to 50 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group was instructed to maintain their current level of activity, while the exercise group was instructed to engage in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were designed to increase the subjects' aerobic capacity and endurance. The HR and EE were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant increase in HR and EE compared to the control group. The increase in HR was 10 beats per minute, and the increase in EE was 1,000 kcal per week. These results suggest that a 12-week training program can effectively increase the HR and EE of sedentary, middle-aged women.

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