

SRI
...le hace bien al país

A circular stamp with the text "SOCIEDAD ANÓNIMA DE COMPAÑÍAS" around the top edge. Inside the circle, it says "REGISTROS DE" at the top, "09 AGO 2012" in the center, and "GUAYAQUIL" at the bottom. There are two small stars on either side of the date.

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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 heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 12-week training program consisting of 3 sessions per week. The CG did not perform any exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and after 12 weeks. The EG showed a significant decrease in HR at rest and during the maximal exercise test, and a significant increase in HRR at rest and during the maximal exercise test, compared to the CG. The results of this study suggest that a 12-week training program can improve the HR and HRR of sedentary middle-aged men.

REGISTRO UNICO DE CONTRIBUYENTES
SOCIEDADES



NUMERO RUC: 0982580327001
RAZON SOCIAL: ASESORES DALMIJ S.A. DALMIJSA

ESTABLECIMIENTOS REGISTRADOS:

NO. ESTABLECIMIENTO: 001	ESTADO: ABIERTO MATRIZ	FEC. INICIO ACT: 15/10/2008
NOMBRE COMERCIAL:		FEC. CIERRE:
ACTIVIDADES ECONÓMICAS:		FEC. REINICIO:

ACTIVIDADES DE ASESORAMIENTO DE CONTROL INTERNO EMPRESARIAL
ACTIVIDADES DE PLANIFICACION Y ORGANIZACION DE RECURSOS EMPRESARIALES
ACTIVIDADES DE CAPACITACION

DIRECCIÓN ESTABLECIMIENTO:

Provincia: GUAYAS Cantón: DAULE Párrafo: LOS LOJAS (ENRIQUE BAQUERIZO MORENO) Ciudadela: URB. VILLA CLUB
Número: VILLA 4 Referencia: ATRAS DEL CENTRO COMERCIAL LA PLAZZA Manzana: M Conjunto: AURA II Camión: VIA LA
PUNTILLA Kilómetro: 12.5 Teléfono Trabajo: 046015686 Fax: 046015686 Email: nuevopasequibay@gmail.com



FIRMA DEL CONTRIBUYENTE

SERVICIO DE RENTAS INTERNAS

Usuario: IAMC010003

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