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Artificial Food and Minerals

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 15 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of the maximum heart rate (HR_{max}) for 30 minutes. The control group did not exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The HR_{max} was determined by a maximal exercise test. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The HR and EE were significantly higher at the end of the 10-week period compared to the beginning of the 10-week period. The HR and EE were significantly higher in the training group compared to the control group. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

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- DECLARACIÓN DE COMPRA Y RETENCIONES DE LA FUENTE POR OTROS CONCEPTOS
- DECLARACIÓN DE IMPUESTO A LA RENTA SOCIALES
- DECLARACIÓN DE RETENCIONES DE LA FUENTE
- DECLARACIÓN DE IMPUESTO A LA RENTA

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1. *Journal of the American Medical Association*, 1997; 278: 1025-1030.

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