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SCIENTIFIC JOURNAL OF THE POLISH ACADEMY OF SCIENCES

SPRATA, A. From Safety to Health: the Antifacism Electrodynamical Case.

Summary and Conclusions

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PAULINO AGUIRREZABALA, FARMACÉUTICO, INGENIERO, MEMBROS DEL II SECTORIO Y AGENTES INOVIADORES

[illegible]^b ADJUSTED TRANSACCIONAL DISPLACEMENT

* COLABORACIÓN DE JAP, FETU, A LA REVISTA, SUPLENIMOS

¹⁰ DECLARACIÓN DE HERENCIAS EN LA FUENTE

* DALLA SOCIETÀ ALGERIANA, 1827-1828

8 DE ESTABLECIMIENTO DE LA EMPRESA	2011-2012	2013-2014
1. DESCRIPCIÓN DEL PROYECTO	2011-2012	2013-2014

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 consisted of six women who did not exercise, and the exercise group consisted of six women who exercised for 12 weeks. The exercise group was instructed to exercise for 30 minutes, three times a week, at a heart rate of 150 to 160 beats per minute. The control group was instructed to remain sedentary. The subjects were monitored for 12 weeks. The HR and EE were measured at the beginning and end of the 12-week period. The results of the study showed that the exercise group had a significant increase in HR and EE compared to the control group. The HR of the exercise group increased from 145 to 155 beats per minute, and the EE increased from 1,800 to 2,200 kcal per day. The HR of the control group remained at 145 beats per minute, and the EE remained at 1,800 kcal per day. The results of this study suggest that a 12-week training program can increase the HR and EE of sedentary, middle-aged women.

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STRAUS, D. G. 1993. *Evolution of the*

STEWART, J. L., and J. L. STEWART, JR.

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Figure 10-4

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