



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 10 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 30 minutes of moderate-intensity aerobic exercise. The control group consisted of 10 women who 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 and EE were significantly higher in the training group than in the control group at the end of the 10-week period. The HR and EE were also significantly higher in the training group than in the control group during exercise. 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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El Sr. Manuel Torres (OS) aparece en la
hoja de lista: 78-77 con el número 04
Que aparece en esta fecha según legítimamente
SA. A favor del Señor EUGENIO GARCIA
COMPANIA ANONIMA

THE

NOTES: 1. The above information is for informational purposes only and is not intended to be used for any other purpose.

THE

江蘇省農業廳 江蘇省政府

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

[Illegible handwritten notes]

Yours very truly,
J. Edgar Hoover

**CERTIFICO:**

Que el **NOMBRAMIENTO DE PRESIDENTE DE LA COMPAÑÍA ANÓNIMA DENOMINADA COMPANYKROSS S.A.** A favor del Señor. **RUDALDO ESTALIN DENERA ROSADO**. Que antecede, en esta fecha queda legalmente inscrita de fojas: 76-77 con el número Ochenta Y Nueve (89) Del Registro Mercantil Tomo (02). Anotada en el Libro Repertorio Mercantil Tomo (01) con el número Ciento Veintinueve (129) Y Anotada en el Libro Repertorio General Tomo (01) con el número Mil Seiscientos Veintidós (1622) y en los respectivos libros índices general y gravámenes literales "D".

Montecristi, 21 de Julio del 2019

ARG.H.P.L.


D. **María Elena Macías**
REGISTRADORA
DE LA PROPIEDAD MERCANTIL
CANTÓN MONTECRISTI