

FORMULARIO RC

A.- DATOS GENERALES: IDENTIFICACIÓN Y LOCALIZACIÓN DE LA EMPRESA

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 control group and an exercise group. The control group consisted of 8 women who did not exercise during the study. The exercise group consisted of 7 women who exercised for 30 minutes, 3 times per week, for 10 weeks. The HR and EE were measured at rest and during a 30-minute walk on a treadmill at 3.5 miles per hour. The HR and EE were measured at baseline and at 10 weeks. The HR and EE were significantly lower in the control group than in the exercise group at baseline and at 10 weeks. The HR and EE were significantly higher in the exercise group than in the control group at 10 weeks. The HR and EE were significantly higher in the exercise group than in the control group at 10 weeks. The HR and EE were significantly higher in the exercise group than in the control group at 10 weeks.

B.- NÓMINA DE SOCIOS O ACCIONISTAS 2/.

1/ : Codificación de la Inversión Extranjera

1: Inversión Extranjera Directa 2: Inversión Subregional 3: Inversión Neutra 4: Inversión de extranjeros calificada como Nacional

TOTAL	50,000.7
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2/: Si tiene más accionistas favor anexar las hojas necesarias bajo este formato

NOTA: EL PRESENTE FORMULARIO NO SE ACEPTARÁ CON ENMENDADURAS O TACHONES

ORIGINAL: SUPERINTENDENCIA DE COMPAÑÍAS
POLIGRÁFICA C. A. - Resolución: 0231 - 27 / 03 / 02

FIRMA DEL REPRESENTANTE LEGAL

E FORMULARIO NO SE ACEPTARÁ CON ENMENDADURAS O TAC

Prespet