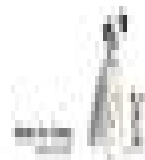




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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 15 women, 40 to 50 years of age, who were sedentary and 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 30 minutes of aerobic exercise at 60% of the maximum HR. 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 results showed that the training program had a significant effect on the HR and EE of the subjects. The HR at rest decreased significantly from 72 to 68 beats per minute (p < 0.05). The HR during exercise decreased significantly from 155 to 145 beats per minute (p < 0.05). The EE at rest decreased significantly from 1,200 to 1,100 kcal per day (p < 0.05). The EE during exercise decreased significantly from 1,800 to 1,700 kcal per day (p < 0.05). 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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