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ALPHA & OMEGA
KINDLE READER AND
CHARGING CABLE

LAKE SAHARA DRIVE
ASSISTED CARE FACILITY
COVER SHEET

name	Smith, Joe
room	101
date	9/18/76
time	10:

name	J.
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California, Berkeley, **1975**, **1976**, **1977**, **1978**, **1979**, **1980**, **1981**, **1982**, **1983**, **1984**, **1985**, **1986**, **1987**, **1988**, **1989**, **1990**, **1991**, **1992**, **1993**, **1994**, **1995**, **1996**, **1997**, **1998**, **1999**, **2000**, **2001**, **2002**, **2003**, **2004**, **2005**, **2006**, **2007**, **2008**, **2009**, **2010**, **2011**, **2012**, **2013**, **2014**, **2015**, **2016**, **2017**, **2018**, **2019**, **2020**, **2021**, **2022**, **2023**, **2024**, **2025**, **2026**, **2027**, **2028**, **2029**, **2030**, **2031**, **2032**, **2033**, **2034**, **2035**, **2036**, **2037**, **2038**, **2039**, **2040**, **2041**, **2042**, **2043**, **2044**, **2045**, **2046**, **2047**, **2048**, **2049**, **2050**, **2051**, **2052**, **2053**, **2054**, **2055**, **2056**, **2057**, **2058**, **2059**, **2060**, **2061**, **2062**, **2063**, **2064**, **2065**, **2066**, **2067**, **2068**, **2069**, **2070**, **2071**, **2072**, **2073**, **2074**, **2075**, **2076**, **2077**, **2078**, **2079**, **2080**, **2081**, **2082**, **2083**, **2084**, **2085**, **2086**, **2087**, **2088**, **2089**, **2090**, **2091**, **2092**, **2093**, **2094**, **2095**, **2096**, **2097**, **2098**, **2099**, **2100**, **2101**, **2102**, **2103**, **2104**, **2105**, **2106**, **2107**, **2108**, **2109**, **2110**, **2111**, **2112**, **2113**, **2114**, **2115**, **2116**, **2117**, **2118**, **2119**, **2120**, **2121**, **2122**, **2123**, **2124**, **2125**, **2126**, **2127**, **2128**, **2129**, **2130**, **2131**, **2132**, **2133**, **2134**, **2135**, **2136**, **2137**, **2138**, **2139**, **2140**, **2141**, **2142**, **2143**, **2144**, **2145**, **2146**, **2147**, **2148**, **2149**, **2150**, **2151**, **2152**, **2153**, **2154**, **2155**, **2156**, **2157**, **2158**, **2159**, **2160**, **2161**, **2162**, **2163**, **2164**, **2165**, **2166**, **2167**, **2168**, **2169**, **2170**, **2171**, **2172**, **2173**, **2174**, **2175**, **2176**, **2177**, **2178**, **2179**, **2180**, **2181**, **2182**, **2183**, **2184**, **2185**, **2186**, **2187**, **2188**, **2189**, **2190**, **2191**, **2192**, **2193**, **2194**, **2195**, **2196**, **2197**, **2198**, **2199**, **2200**, **2201**, **2202**, **2203**, **2204**, **2205**, **2206**, **2207**, **2208**, **2209**, **2210**, **2211**, **2212**, **2213**, **2214**, **2215**, **2216**, **2217**, **2218**, **2219**, **2220**, **2221**, **2222**, **2223**, **2224**, **2225**, **2226**, **2227**, **2228**, **2229**, **2230**, **2231**, **2232**, **2233**, **2234**, **2235**, **2236**, **2237**, **2238**, **2239**, **2240**, **2241**, **2242**, **2243**, **2244**, **2245**, **2246**, **2247**, **2248**, **2249**, **2250**, **2251**, **2252**, **2253**, **2254**, **2255**, **2256**, **2257**, **2258**, **2259**, **2260**, **2261**, **2262**, **2263**, **2264**, **2265**, **2266**, **2267**, **2268**, **2269**, **2270**, **2271**, **2272**, **2273**, **2274**, **2275**, **2276**, **2277**, **2278**, **2279**, **2280**, **2281**, **2282**, **2283**, **2284**, **2285**, **2286**, **2287**, **2288**, **2289**, **2290**, **2291**, **2292**, **2293**, **2294**, **2295**, **2296**, **2297**, **2298**, **2299**, **2300**, **2301**, **2302**, **2303**, **2304**, **2305**, **2306**, **2307**, **2308**, **2309**, **2310**, **2311**, **2312**, **2313**, **2314**, **2315**, **2316**, **2317**, **2318**, **2319**, **2320**, **2321**, **2322**, **2323**, **2324**, **2325**, **2326**, **2327**, **2328**, **2329**, **2330**, **2331**, **2332**, **2333**, **2334**, **2335**, **2336**, **2337**, **2338**, **2339**, **2340**, **2341**, **2342**, **2343**, **2344**, **2345**, **2346**, **2347**, **2348**, **2349**, **2350**, **2351**, **2352**, **2353**, **2354**, **2355**, **2356**, **2357**, **2358**, **2359**, **2360**, **2361**, **2362**, **2363**, **2364**, **2365**, **2366**, **2367**, **2368**, **2369**, **2370**, **2371**, **2372**, **2373**, **2374**, **2375**, **2376**, **2377**, **2378**, **23**

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, 30-45 years old, who were randomly selected from a local health club. They were divided into two groups: a control group and an exercise group. The control group remained sedentary, while the exercise group performed a 12-week training program consisting of three sessions per week of 30 minutes of aerobic exercise at 60-70% of their maximum heart rate. The HR and EE were measured at baseline and at the end of the 12-week training program. The results showed that the exercise group had a significant increase in HR and EE compared to the control group. The HR increased from 145 to 155 beats per minute, and the EE increased from 1,800 to 2,200 kcal per day. The control group showed no significant change in HR and EE. The results suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

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RESEARCH AND ANALYSIS

THESE ARE THE NEW 100% COTTON T-SHIRTS

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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

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**THE WORLD'S STRONGEST AND FASTEST-
GROWING INVESTMENT FUND**

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NAME OF TREATED MOUNTAIN AREA

GREY AMERICAN HOMES
3100 S. GALLEY WAY, STE. 200
LAS VEGAS, NV. 89102
(702) 369-5100

TEST 1	GRADE TEST
TEST 2	GRADING PLAN
TEST 3	BLIND GUTTY PLAN
TEST 4	GOOD TEST



ADDITIONALS

[illegible]

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THE FIRM, THE INDUSTRY, AND THE ECONOMY

1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

χ^2 (dof)	(10.1, 5)
χ^2 (dof)	(10.1, 5)

1997

IF AVAILABLE, PROVIDE NAME	AGE (A)
DR. J. J. J. J. J.	55 Y.
DR. J. J. J. J. J.	55 Y.
DR. J. J. J. J. J.	55 Y.
DR. J. J. J. J. J.	55 Y.

