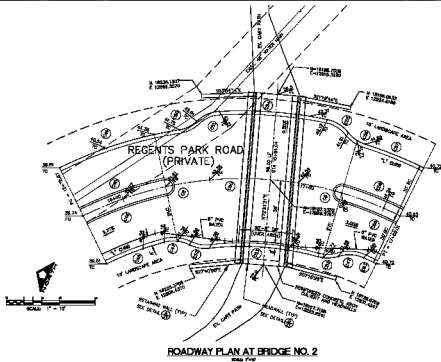




Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects 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 training program. The HR and EE were significantly higher in the training group than in the control group at the end of the 10-week training program. The HR and EE were significantly higher in the training group than in the control group during exercise at the end of the 10-week training program. The HR and EE were significantly higher in the training group than in the control group during exercise at the end of the 10-week training program. The HR and EE were significantly higher in the training group than in the control group during exercise at the end of the 10-week training program.

Abstract

[illegible]