

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, 40 to 50 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group was instructed to maintain their current level of activity, while the exercise group was instructed to engage in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a stationary bike at a heart rate of 150 to 160 beats per minute. The subjects were monitored for HR and EE throughout the study. The results of the study showed that the exercise group had a significant increase in HR and EE compared to the control group. The increase in HR was 10 beats per minute, and the increase in EE was 1,000 kcal per week. These results suggest that a 12-week training program can effectively increase HR and EE in sedentary, middle-aged women.

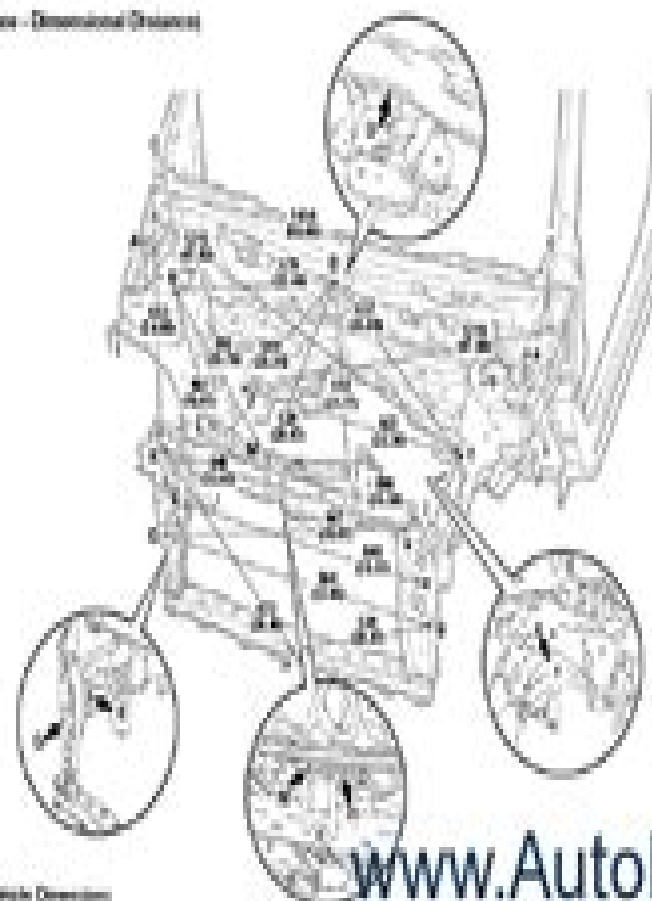


Figure 1

Age	Sex	Height	Weight	Height	Weight	Age	Sex
(yr)		(m)	(kg)	(in)	(lb)	(yr)	

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