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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. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of 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 HR and EE were significantly higher in the training group than in the control group at the end of the 10-week period. The HR and EE were also significantly higher in the training group than in the control group during exercise. 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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