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Background

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 randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of aerobic exercise. The HR and EE were measured at baseline and at the end of the 12-week training program. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The results of this study suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

Abstract

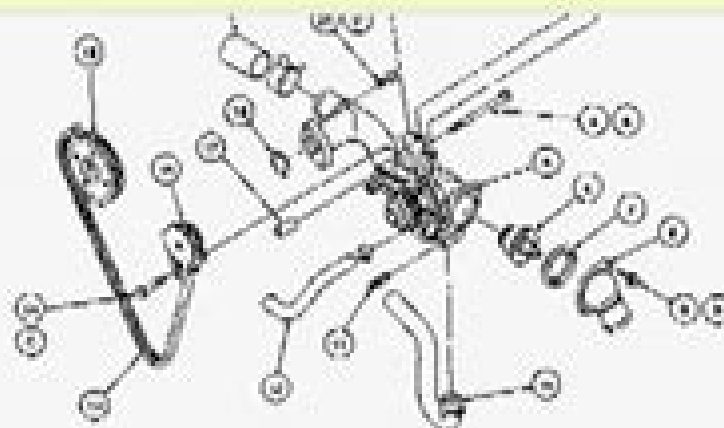
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recognized Navy classic continues to serve today's Bluejackets and Old Salts in the traditional manner while providing a fresh approach that will be welcomed by potential recruits Navy buffs and a growing number of Bluejacket Manual collectors

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Public Roads, 2007 **Advances in Human Aspects of Transportation** Neville Stanton, 2018-06-27 This book discusses the latest advances in research and development design operation and analysis of transportation systems and their complementary infrastructures It reports on both theories and case studies on road and rail aviation and maritime transportation Further it covers a wealth of topics from accident analysis vehicle intelligent control and human error and safety issues to next generation transportation systems model based design methods simulation and training techniques and many more A special emphasis is placed on smart technologies and automation in transport and on the user centered ergonomic and sustainable design of transport systems The book which is based on the AHFE 2018 International Conference on Human Factors in Transportation held in Orlando Florida USA on July 21-25 2018 mainly addresses the needs of transportation system designers industrial designers human computer interaction researchers civil and control engineers as

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