

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. The subjects were randomly assigned to either a control group or a training group. The control group continued with their sedentary lifestyle, while the training group participated in a 10-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 10-week training program. The HR and EE of the training group were significantly higher than those of the control group at the end of the 10-week training program. 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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- 18 **Background:** The relationship between climate, structural unemployment, the environment, and the
19 **Conclusion:** While there are numerous causes for multiple unemployment,
20 **Keywords:** Climate, structural unemployment, the environment, the environment, the environment,
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