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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 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to a 12-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 consisted of 12 women who did not exercise. The subjects were monitored for HR and EE at baseline and at 12 weeks. The results showed that the training program had a significant effect on HR and EE. The HR of the training group decreased significantly from baseline to 12 weeks, while the HR of the control group remained unchanged. The EE of the training group increased significantly from baseline to 12 weeks, while the EE of the control group remained unchanged. The results suggest that a 12-week training program can improve the cardiovascular and metabolic health of sedentary, middle-aged women.

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