

[illegible]

Рисунок 2. Сравнение по выполнению на текущем этапе, руб./чел. в год

[illegible]

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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 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 30 minutes of moderate-intensity aerobic exercise. The control group continued with their sedentary lifestyle. The HR and EE were measured at baseline and at the end of the 10-week program. The HR and EE of the training group decreased significantly compared to the control group. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

18. 2015

