

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of aerobic and resistance exercises. The control group did not exercise. HR and BP were measured at baseline and at the end of the 10-week period. The exercise group showed a significant decrease in both HR and BP compared to the control group. The results suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

The image shows an open book with two pages of handwritten text. The script is a dense, cursive hand, likely from the 18th or 19th century. The paper is aged and yellowed. The handwriting is very dense and fills most of both pages. There are some small, illegible markings at the top of the right page, possibly a header or page number.

[illegible]

The first volume of the series is a history of the city of New York, from its first settlement in 1624 to the present time. It is a very interesting and valuable work, and is well worth a place in every library.

Ecos de la audición en honor de Gabriela Mistral [artículo] J. A. C.

Libros y documentos

FECHA DE PUBLICACIÓN

1938

FORMATO

Artículo

DATOS DE PUBLICACIÓN

Ecos de la audición en honor de Gabriela Mistral [artículo] J. A. C. il.

FUENTE DE INFORMACIÓN

[Biblioteca Nacional Digital](#)

INSTITUCIÓN

[Biblioteca Nacional](#)

UBICACIÓN

Avenida Libertador Bernardo O'Higgins 651, Santiago, Región Metropolitana, Chile