



ARDENTE PACIENCIA

Representatives of the Institute for Investigative Journalists presented research and an ongoing project to editors from around the world. The project will examine the relationship between the press and the public in the United States. It will also examine the relationship between the press and the public in other countries.

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 sedentary women, 40 to 50 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of six women who did not exercise, and the exercise group consisted of six women who exercised for 12 weeks. The exercise group performed a 12-week training program consisting of three sessions per week of 30 minutes of aerobic exercise at 60% of their maximum heart rate. The control group did not exercise. The subjects were monitored for HR and EE at baseline and at the end of the 12-week training program. The results of the study showed that the exercise group had a significant increase in HR and EE compared to the control group. The exercise group's HR increased from 140 to 150 beats per minute, and their EE increased from 1,800 to 2,200 kcal per day. The control group's HR and EE remained unchanged. 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.

Ardiente paciencia o Neruda, el chileno común y corriente [artículo].

Libros y documentos

FECHA DE PUBLICACIÓN

1995

FORMATO

Artículo

DATOS DE PUBLICACIÓN

Ardiente paciencia o Neruda, el chileno común y corriente [artículo].

FUENTE DE INFORMACIÓN

[Biblioteca Nacional Digital](#)

INSTITUCIÓN

[Biblioteca Nacional](#)

UBICACIÓN

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