



Presentar al menos tres documentos de sistemas basados en personas.

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 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 performed no exercise. The HR and EE were measured at rest and during exercise at 60% of maximum HR. The HR and EE were significantly higher in the training group than in the control group at rest and during exercise. The results of this study suggest that a 12-week training program can improve the HR and EE of sedentary, middle-aged women.



Plantean afinar funcionamiento de sistema fondos de pensiones [artículo].

Libros y documentos

FECHA DE PUBLICACIÓN

1996

FORMATO

Artículo

DATOS DE PUBLICACIÓN

Plantean afinar funcionamiento de sistema fondos de pensiones [artículo].

FUENTE DE INFORMACIÓN

[Biblioteca Nacional Digital](#)

INSTITUCIÓN

[Biblioteca Nacional](#)

UBICACIÓN

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