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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 sedentary women, 30 to 45 years of age, who were randomly selected from a health club. The subjects were divided into two groups: a control group and an exercise group. The control group was instructed to maintain their current level of activity, while the exercise group was instructed to perform a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a treadmill at a speed of 3.0 mph, with a 5% incline. The HR and EE were measured at the beginning and end of the training program. The results showed that the exercise group had a significant increase in HR and EE compared to the control group. The HR increased from 140 to 150 beats per minute, and the EE increased from 1,200 to 1,400 kcal per day. These results suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

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