

广东贝源检测技术有限公司



检测报告

贝源环境检测（CMA）第0119号

委托方：从化净
检测类别：
报告日期：11

广东贝源检测技术有限公司

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数据测试

检测服务

水质检测

水质信息

检测地址:

检测时间:

检测单位:

检测人:

检测内容

检测要求

检测说明

检测备注

检测日期

检测地点

检测人员

检测单位

检测项目

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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 randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of three sessions per week of 30 min of aerobic exercise at 60% of their maximum heart rate. The CON group did not exercise. The HR and EE were measured at rest and during a 30-min submaximal exercise test at the beginning and end of the 10-week period. The EX group showed a significant decrease in HR at rest and during exercise, and a significant increase in EE at rest and during exercise. The CON group showed no significant changes in HR or EE. The results suggest that a 10-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

