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Abstract

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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 heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who had been sedentary for at least 1 year. They 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 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during a submaximal exercise test at the beginning and at the end of the 12-week period. The results showed that the training program significantly increased the HR and HRR at rest and during the exercise test. The control group showed no significant changes. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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Private agencies
 have been the mainstay of the industry since the 1960s, when the federal government began to outsource many of its non-core functions. The industry has grown steadily since then, with the number of agencies increasing from about 100 in 1960 to over 1,000 today. The industry is now worth an estimated \$10 billion a year, and is expected to continue to grow at a rapid pace.

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Abstract – A systematic review of the literature was conducted to identify the prevalence of depression in the general population. The review included studies published between 1980 and 2000, and identified 10,000 studies. The prevalence of depression was found to be 10.0% in the general population.

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