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(a) *For the purpose of this section, the term "person" shall include any individual, partnership, corporation, association, or other entity, whether or not organized under the laws of the United States or any state, territory, or possession of the United States, or under the laws of any foreign country.*

[illegible]

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 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The control group consisted of 10 women who did not exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR at rest decreased significantly from 72 to 68 beats per minute (p < 0.05). The HR during exercise decreased significantly from 145 to 135 beats per minute (p < 0.05). The EE at rest decreased significantly from 1,200 to 1,100 kcal per day (p < 0.05). The EE during exercise decreased significantly from 1,800 to 1,600 kcal per day (p < 0.05). The results of this study suggest that a 10-week training program can have a beneficial effect on the HR and EE of sedentary, middle-aged women.

