



- நான், இந்தத் தந்தையே கல்யாணம் செய்து கொடுத்தேன்

### Lebensversicherung

- † [msm@pobox.com](mailto:msm@pobox.com) is a full-time, paid position.

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- இலங்கை அரசாங்கத்தின்
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### Linear Spline Interpolation

- † *Journal of the American Academy of Child and Adolescent Psychiatry*, 1999, 38(12):1369-1374.

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- † Full image: [www.cocoma.com](http://www.cocoma.com)

† 1997, 2001, 2002.

**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group had no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.

\* *and* *therefore*, and *therefore* is *therefore*, *therefore* and *therefore*

4.10.1998

† [shirley@shirley.com](mailto:shirley@shirley.com)

Figure 10.10

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## CONCLUSIONS

• *Life expectancy* – Number of years people are expected to live

[cs@cs.cmu.edu](mailto:cs@cs.cmu.edu)

† *Systematic review of the literature* (1990-2000) (ongoing) (with Dr. J. A. H. J. van't Hof-Grootenboer)

### Subtotal

\* weight applies to percentage of gross weight of the weight block

† Agents received information about the study through the following channels:

\* 2000 American Cancer Society publication

\*For a full list of books, visit [www.pearson.com](http://www.pearson.com) or call 1-800-818-7243.

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→ **பெண் அமைப்புகள்** (அங்கம் 1) - **பெண் அமைப்புகள்** (அங்கம் 1)

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