

Hospital Housekeeping Training Manual

1998

Editor: Margaret MacLennan, *Training Editor*

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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 blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week of aerobic exercise. The control group did not exercise. The HR and BP were measured at baseline and at the end of the 12-week period. The exercise group showed a significant decrease in both HR and BP compared to the control group. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.



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