

THE CITY OF PROVIDENCE
STATE OF RHODE ISLAND AND PROVIDENCE PLANTATIONS

RESOLUTION OF THE CITY COUNCIL

No. 288

Approved May 9, 1986

RESOLVED, That the Traffic Engineer is requested to
invoke "No Parking" regulations along either side of Adelaide
Avenue, from Broad Street, 200 feet into Adelaide Avenue.

IN CITY COUNCIL

MAY 1 1986

READ AND PASSED

Richard W. E. [Signature]
Richard W. E. [Signature]
Boemman [Signature]
Boemman [Signature]

APPROVED
MAY 9 1986
[Signature]

Council President Eason

SECRET

1990, 1991, 1992, 1993

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 12 sedentary women, 30 to 45 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of six women who did not exercise, and the exercise group consisted of six women who exercised for 10 weeks. The exercise group was divided into two subgroups: a low-intensity group and a high-intensity group. The low-intensity group exercised at 50% of their maximum HR, and the high-intensity group exercised at 70% of their maximum HR. The subjects were monitored for 10 weeks, and their HR and EE were measured at the beginning and end of the study. The results showed that the exercise group had a significant increase in HR and EE compared to the control group. The high-intensity group had a significantly greater increase in HR and EE than the low-intensity group. The results suggest that a 10-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

1. *Chlorophyll a*