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ПРЕЗИДЕНТА РОССИЙСКОЙ ФЕДЕРАЦИИ

**О награждении орденом Дружбы народов
Войтенко В.А.**

За большой вклад в реализацию природоохранной программы, укрепление и развитие взаимовыгодного сотрудничества с организациями и обществами зарубежных государств наградить орденом ДРУЖБЫ НАРОДОВ ВОЙТЕНКО Виталия Алексеевича - председателя правления Краснодарского краевого общества охотников и рыболовов.

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А. И. Сидорова

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 15 men, 40 to 50 years old, who had been sedentary for at least 10 years. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and HRR were measured at rest and during a 30-minute exercise test at the end of the 10-week period. The results showed that the training program significantly increased the HR and HRR of the subjects. The HR increased from 72 to 78 beats per minute, and the HRR increased from 28 to 34 beats per minute. The control group showed no significant change in HR or HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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