

DUPLICATE

HUMBLE OIL & REFINING COMPANY

MIDLAND, TEXAS

October 1, 1951

Re: ELEVATION

~~Texas Railroad Commission,~~ . . . Oil Conservation Commission
~~Oil & Gas Division,~~ Box 1225

5000, New Haven

Attn:

Gentlemen:

The ELEVATION of the following well is: 3453 Gr.
as reported by Laughlin-Simmons & Company.

COUNTY: FIELD:

Humble Oil & Refining Company

The above is given you to complete your records
for the Form 1, "Notice of Intention to Drill", filed
with you on this well under date of:

Yours very truly,
HUMBLE OIL & REFINING COMPANY,
V.C.Maley, Div., Geologist.

By: / 51
C.H.Ervin, Div., Scout.

CHE/clr

Orig; 1 cc:Texas RRC,
cc:Mr. D.C.Fransen
Mr. J.W.House
Mr. H.L.Beckmann
District Supt.,
File.

Abstract—The purpose of this study was to determine the effect of a 12-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 12-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 12-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 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.