

**Free Estimates • 872-0721**

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**MOBILE HOME RENTALS**

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**MOBILE HOME FOR RENT.** Call 663-5325 before 6 p.m. Deposit required.  
09/11/85H

**BEDROOM TRAILER IN RESIDENTIAL**  
area. 892-3385. 11/11/87

**OR RENT - MOBILE HOME.** Furnished.  
Also furnished cottage, Lake Norman,  
Close-In. Near Hwys 1-77 and 150.  
Adults only. No pets. 664-5447.  
11/11/87—

**MOBILE HOME FOR RENT** 10 X 50, two  
bedroom partially furnished. Call be-  
tween 6 and 8 pm. 663-3927. 11/11/87

**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 aerobic and resistance exercises. The control group did not exercise. The HR and BP were measured at baseline and at the end of the 12-week program. The results showed that the exercise group had a significant decrease in HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

MOORESVILLE STAFF	
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## FIELDSTONE—Beautiful

**STONECREST**, energy efficient, 4 BR, 3 BA home on heavily wooded lot in prestigious cul-de-sac. Hart-pine floors in foyer, large deck, heated basement w/rough-in plumbing for 4th bath. **\$135,000.**

**MACKWOOD**, frame house features LR, DR-Kit., 3 BR, 1 BA, heat pump, deck, wired and insulated, 20'x30 workshop and garage. **\$89,700.**

**PANDORA** brick ranch house 1 LR with

study, situated in a

large trees and no thru traffic **\$74,500**  
CABARRUS—Brick ranch with 3  
bedroom, 1 bath, LR, kit-dining, gas  
hvac, fenced yard. **Reduced \$29,000**  
PRE-SELLING CONDOS—One story 2 B,  
2 bath **\$73,500**  
MAGNOLIA—Great location near  
schools, brick ranch featuring liv-din,  
kit-brk, den w/FPL, 3 BR, 2 BA, gas  
hvac, central air **\$79,500**  
FIRST TIME on market, Idlewood Har-  
bor, contemporary on ¼ acre lot. Liv-  
ing/dining combination, 3 bedrooms, 2  
baths, kitchen plus sun deck and fenced  
back yard **\$87,500**  
Seller to pay up to \$1,500. Closing cost  
n listing price.  
IDLEWOOD HARBOR—cedar sid. featur-

4/EPI 3 RR 2 RA

deck, on corner lot. **\$32,750**  
**WESBITT\_1BR\_1BA** renovated house  
 with quality carpet, cabinets, etc., large  
 lot. **\$22,900**  
**ROWAN CO.**—Like new brick ranch in  
 excellent rural community, 3 BR, 2 BA,  
 unfinished basement. **\$32,500**  
**ONE OAK**—Nice tri-level house in ex-  
 cellent location, LR, DR, Kit, den w/FP.  
 BR, 2 BA, F.H.A. Loan **\$72,000**  
**PANDALIA**—Split level house featuring  
 LR, DR, Kit, den, 3 BR, 2 full baths, 2  
 all baths. Nice ½ acre wooded lot. In-  
 terior recently decorated. Shown by  
 appointment **\$75,900**  
**BROOKVIEW**—Brick ranch house with 3  
 or 4 BR, 2 BA, family rm, kit, w/cook

up range, dishwasher,  
basement 16 ac lot

**W. McLELLAND**—Package deal to investors: 3 Condo units now rented **\$215,000**

**QUAIL HILL**—2 BR mobile home with LR, DR, KIT, 2 baths, walk-in closet, fireplace, range, refrigerator, washer, dryer, situated on approx. .25 acres **\$39,500**

**Abstract**—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40 to 50 years of age, who were randomly assigned to a 12-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, and included a combination of aerobic and resistance training. The control group consisted of 12 sedentary women who did not participate in the training program. The HR and EE were measured at rest and during the training sessions. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR increased significantly during the training sessions, and the EE increased significantly during the training sessions. The control group showed no significant change in HR or EE. The results suggest that a 12-week training program can improve the HR and EE of sedentary, middle-aged women.

**PLAZA DR.—Approx. 2 acres with brick house with 3 BR, 2 BA, zoned GL Ideal for office ..... \$175,000**