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10-1-12

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ON APPLICATIONS UNDER SECTIONS 27A AND 27C

[REDACTED]

10

[REDACTED]

LONGOAM/00/0005/0100

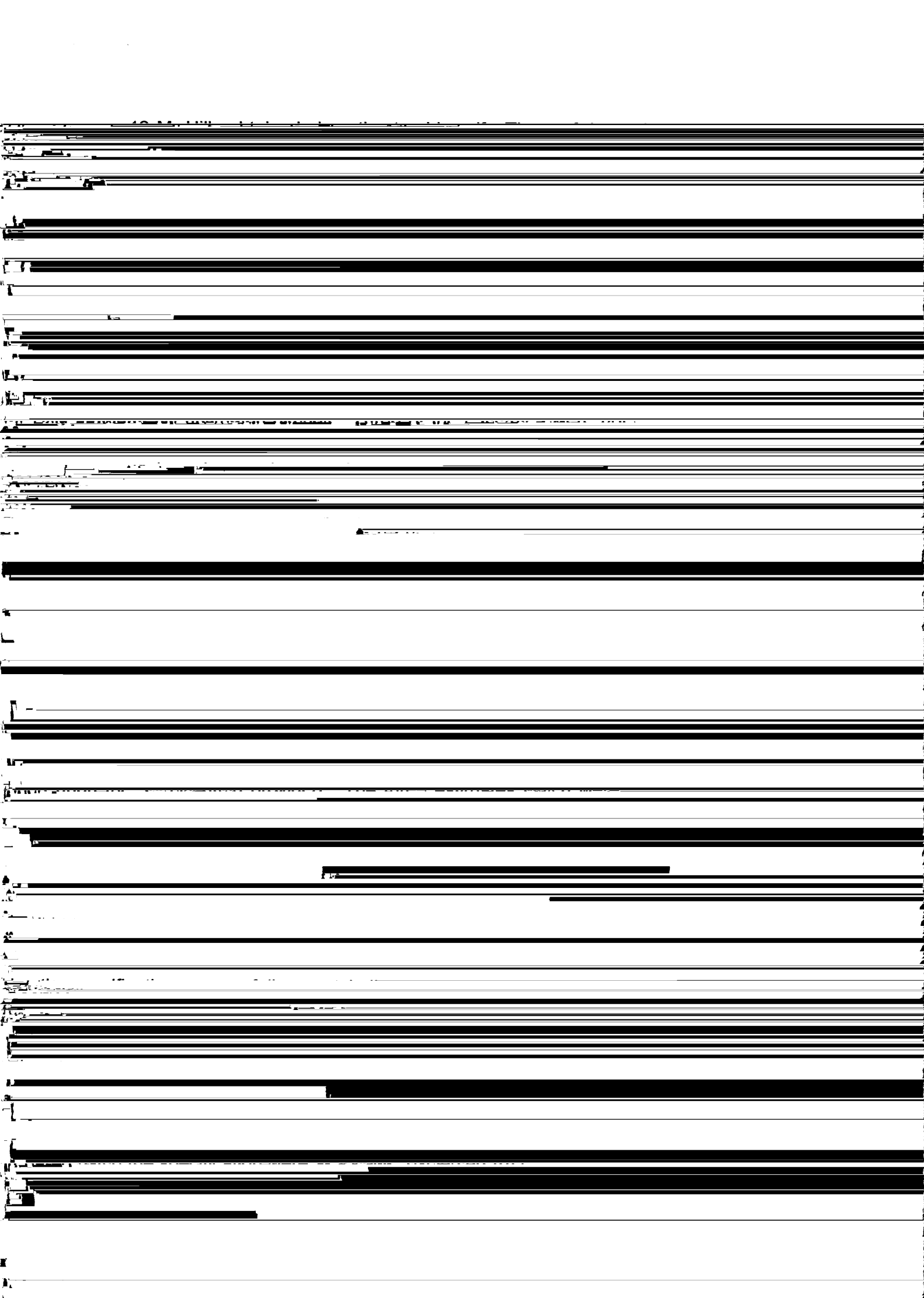
74B AND 74C HILL STREET SOUTH NORWOOD LONDON SE20 0TB

1. The Tribunal was dealing with an application by the Applicants, Mr Roger
Hills and Mr Harvey Kay to determine whether the service charges which

commission received by the Respondent

- The specification and details of the tenders received and quotes

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 15 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The control group consisted of 15 women who did not exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week training program. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR at rest decreased significantly from 72 to 68 beats per minute (p < 0.05). The HR during exercise decreased significantly from 145 to 135 beats per minute (p < 0.05). The EE at rest decreased significantly from 1,200 to 1,100 kcal per day (p < 0.05). The EE during exercise decreased significantly from 1,800 to 1,600 kcal per day (p < 0.05). The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.



proper invoices or demands to clarify whether these sums have been paid,
the Tribunal order that any part of this sum that has been paid to the

March 2003

£210.47

June 2004

£125.55

... Mr Harding had only recently been appointed as managing agent and he

casualties. The name appears to have been arbitrarily selected and is

not appropriate for a property like the Building. The managing agent will

be only be involved in routine management and accounting collection work.

Section 202 of the Act

be regarded as relevant costs when the Respondent determines the

service charges. The Respondent, through Mr. Harding, said that in the