

■■■■■■■■■■■■■■■■■■■■ ■ Málaga Centro

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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 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 both 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 changes in HR and BP. The findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

■■■■■ ■■■■■■■■ : 26th

■■■■■ 2025



■■■■■■■■■■: Building with ground floor plus two floors (total 228 m2), located right behind Plaza Merced, in the historical centre of Malaga, in a quiet pedestrian street, close to "Lagunillas", the popular & trendy neighborhood characterized by unique street art and "murales". You are in the heart of the city, and at the same time at a 15-min walk (approx 1.4 km away) from the "Malagueta", the closest beach to the city centre. The building has been completely renovated a year ago, to divide it into n. 6 living units, 2 units per floor: 5 1-bed apartment and 1 2-bed apartment. All apartments have full bathroom, pre-installation of kitchen and pre-installation of Air Conditioning units (in both the living rooms and in the bedrooms), independent electric meter and system for auto check-in. 2 apartments have an internal patio and 1 attic apartment has a small terrace. These n. 6 apartments are perfect for both short, medium and long term stays. Some of these apartments have already a tourist license in place. This property represents a great investment opportunity; recently renovated, excellent location, ease of managing 6 apartments (as located in the same building), high occupancy rate (approx. 80-90%) and expected rental revenue.

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None, None, ■■■■■■■■■■