
Calculus 1, 15th and 16th lectures

Properties of continuous functions

Topological characterization

Theorem. Suppose that $f : U \subset \mathbb{R} \rightarrow \mathbb{R}$ is a function. Then the following statements are equivalent.

- (1) f is continuous on U ;
- (2) for all open set $V \subset f(U) := \{f(x) : x \in U\}$, the preimage of V , $f^{-1}(V) := \{x \in U : f(x) \in V\}$ is open.

Proof. (1) \Rightarrow (2)

Suppose that f is continuous on U and $V \subset f(U)$ is open. Let $a \in f^{-1}(V)$ then $f(a) \in V$.

Since V is open, then there exists $\varepsilon > 0$ such that $B(f(a), \varepsilon) \subset V$.

Since f is continuous at a , then for this ε there exists $\delta > 0$ such that if $x \in B(a, \delta)$, then $f(x) \in B(f(a), \varepsilon) \subset V$.

It means that $B(a, \delta) \subset f^{-1}(V)$, so $f^{-1}(V)$ is open.

(2) \Rightarrow (1)

Suppose that the preimage of each open set is open.

It means that if $a \in U$, then the preimage of $B(f(a), \varepsilon)$ is open, so for this ε there exists $\delta > 0$ such that $f(B(a, \delta)) \subset B(f(a), \varepsilon)$, so f is continuous at a .

Intermediate value theorem

Theorem (Intermediate value theorem or Bolzano's theorem).

Assume that f is continuous on $[a, b]$, $f(a) \neq f(b)$ and $f(a) < c < f(b)$ or $f(b) < c < f(a)$.

Then there exists $x_0 \in (a, b)$ such that $f(x_0) = c$.

Proof. We prove the case $f(a) < c < f(b)$. The point x_0 can be found with an interval halving method.

1st step: Consider the midpoint $\frac{a+b}{2}$ of the interval $[a, b]$. There are three cases:

$$\text{If } f\left(\frac{a+b}{2}\right) > c \Rightarrow a_1 := a, b_1 := \frac{a+b}{2}$$

$$\text{If } f\left(\frac{a+b}{2}\right) < c \Rightarrow a_1 := \frac{a+b}{2}, b_1 := b$$

$$\text{If } f\left(\frac{a+b}{2}\right) = c \Rightarrow x_0 := \frac{a+b}{2}$$

2nd step: Consider the midpoint $\frac{a_1+b_1}{2}$ of the interval $[a_1, b_1]$. There are again three cases:

$$\text{If } f\left(\frac{a_1+b_1}{2}\right) > c \Rightarrow a_2 := a_1, b_2 := \frac{a_1+b_1}{2}$$

$$\text{If } f\left(\frac{a_1 + b_1}{2}\right) < c \implies a_2 := \frac{a_1 + b_1}{2}, \quad b_2 := b_1$$

$$\text{If } f\left(\frac{a_1 + b_1}{2}\right) = c \implies x_0 := \frac{a_1 + b_1}{2}$$

Continuing the above procedure, we either reach x_0 in one of the steps, or we define the sequences (a_n) and (b_n) such that

$$[a, b] \supset [a_1, b_1] \supset [a_2, b_2] \supset \dots \supset [a_n, b_n] \supset [a_{n+1}, b_{n+1}] \supset \dots,$$

and

$$b_1 - a_1 = \frac{b - a}{2}, \quad b_2 - a_2 = \frac{b_1 - a_1}{2} = \frac{b - a}{2^2}, \quad \dots, \quad b_n - a_n = \frac{b - a}{2^n}, \quad \dots$$

From this it follows that $\lim_{n \rightarrow \infty} (b_n - a_n) = 0$, so by the Cantor axiom there exists a unique

element $x_0 \in [a, b]$ such that $\bigcap_{n=1}^{\infty} [a_n, b_n] = \{x_0\}$.

Then $a_n \rightarrow x_0$, $b_n \rightarrow x_0$, so by the continuity of f we have that $\lim_{n \rightarrow \infty} f(a_n) = f(x_0) = \lim_{n \rightarrow \infty} f(b_n)$,

and since $f(a_n) \leq c \leq f(b_n)$, it follows that $f(x_0) = c$.

Consequence (Bolzano's theorem).

Assume that f is continuous on $[a, b]$ and $f(a) f(b) < 0$.

Then there exists $x_0 \in (a, b)$ such that $f(x_0) = 0$.

Remark. The above two theorems are equivalent.

Weierstrass extreme value theorem

Remark. Recall by the Heine-Borel theorem that $K \subset \mathbb{R}$ is compact $\iff K$ is closed and bounded.
 \implies the interval $[a, b]$ is compact.

Theorem (Weierstrass boundedness theorem).

If f is continuous on $[a, b]$, then f is bounded on $[a, b]$.

Proof. 1) Indirectly, suppose that for example f is not bounded above.

Then for all $n \in \mathbb{N}$ there exists $x_n \in [a, b]$, such that $f(x_n) > n$.

2) Obviously $x_n \in [a, b]$ for all $n \in \mathbb{N}$, so the sequence (x_n) is bounded, and thus

by the Bolzano-Weierstrass theorem there exists a convergent subsequence (x_{n_k}) such that

$$\lim_{k \rightarrow \infty} x_{n_k} = \alpha \in [a, b].$$

3) Since f is continuous at α and $x_{n_k} \xrightarrow{k \rightarrow \infty} \alpha$ then $\lim_{k \rightarrow \infty} f(x_{n_k}) = f(\alpha)$, so the sequence

$(f(x_{n_k}))$ is bounded.

4) Since the index sequence (n_k) is strictly monotonically increasing, then $n_k \geq k$

$\implies f(x_{n_k}) > n_k \geq k$ for all $k \in \mathbb{N} \implies$ the sequence $(f(x_{n_k}))$ is not bounded above

(it diverges to $+\infty$). This is a contradiction, so f is bounded above on $[a, b]$.

Theorem (Weierstrass extreme value theorem).

If f is continuous on the closed interval $[a, b]$ then
 there exist numbers $\alpha \in [a, b]$ and $\beta \in [a, b]$, such that
 $f(\alpha) \leq f(x) \leq f(\beta)$ for all $x \in [a, b]$,
 that is, f has both a minimum and a maximum on $[a, b]$.

Proof. 1) Let $A = f([a, b]) = \{f(x) : x \in [a, b]\}$.

By the previous theorem A is bounded, so by the least-upper-bound property of the real numbers, $\exists \sup A := M \in \mathbb{R}$. We prove that $\exists \beta \in [a, b]$, such that $f(\beta) = M$.

2) Since M is the **least** upper bound, then for all $n \in \mathbb{N}$, $M - \frac{1}{n}$ is not an upper bound for A , so

$$\exists x_n \in [a, b] \text{ such that } f(x_n) > M - \frac{1}{n}.$$

Since M is an upper bound for A , we have $M - \frac{1}{n} < f(x_n) \leq M$ for all $n \in \mathbb{N}$.

3) The sequence $(x_n) \subset [a, b]$ is bounded, so by the Bolzano-Weierstrass theorem there exists a convergent subsequence (x_{n_k}) such that $\lim_{k \rightarrow \infty} x_{n_k} = \beta \in [a, b]$.

4) Then $M - \frac{1}{n_k} < f(x_{n_k}) \leq M$ for all $k \in \mathbb{N}$. Since $\frac{1}{n_k} \xrightarrow{k \rightarrow \infty} 0$, then by the sandwich theorem

$$f(x_{n_k}) \xrightarrow{k \rightarrow \infty} M.$$

5) Since f is continuous at β and $x_{n_k} \xrightarrow{k \rightarrow \infty} \beta$ then $\lim_{k \rightarrow \infty} f(x_{n_k}) = f(\beta)$.

The limit is unique, to $f(\beta) = M$.

6) The existence of $\alpha \in [a, b]$ can be proved similarly.

Remark. If f is not continuous or if the interval is not compact, then the theorem is not true.

$$\text{For example, let } f(x) = \begin{cases} \frac{1}{x} & \text{if } x \neq 0 \\ 0 & \text{if } x = 0 \end{cases}$$

Then a) f is continuous on $(0, 1]$ but not bounded and doesn't have a maximum

b) the interval $[-1, 1]$ is compact, but f is not continuous here and doesn't have a minimum and a maximum

c) f is continuous and bounded on $[1, \infty)$, but doesn't have a minimum

Remark. It follows from the intermediate value theorem and the extreme value theorem that

if f is continuous on $[a, b]$, then the range of f is a closed and bounded interval:

$$f([a, b]) = [c, d], \text{ where } c = \min \{f(x) : x \in [a, b]\} \text{ and } d = \max \{f(x) : x \in [a, b]\}.$$

Continuous image of a compact set is compact

Theorem. Suppose that $f : E \subset \mathbb{R} \rightarrow \mathbb{R}$ is a function and $H \subset E$ is a compact set.

If f is continuous on H , then $f(H)$ is compact.

Proof. 1) Let $K = f(H) = \{f(x) : x \in H\}$.

To prove compactness of K , it is enough to show that every sequence in K has a convergent subsequence whose limit belongs to K .

2) Let $(y_n) \subset K$ be a sequence, then $\exists x_n \in H$ such that $f(x_n) = y_n$ for all $n \in \mathbb{N}$.

3) Since H is compact and $(x_n) \subset H$, then there exists a convergent subsequence (x_{n_k}) such that $\lim_{k \rightarrow \infty} x_{n_k} = \alpha \in H$.

4) Since f is continuous at α , then $\lim_{k \rightarrow \infty} y_{n_k} = \lim_{k \rightarrow \infty} f(x_{n_k}) = f(\alpha) \in K$, so K is compact.

Uniform continuity

Introduction. Recall that $f : H \subset \mathbb{R} \rightarrow \mathbb{R}$ is continuous on H if f is continuous for all $x \in H$, that is, $\forall x \in H \quad \forall \varepsilon > 0 \quad \exists \delta > 0$ such that $\forall y \in H, \quad |x - y| < \delta \implies |f(x) - f(y)| < \varepsilon$. Here $\delta = \delta(\varepsilon, x)$, that is, continuity at a point is a local property. In some cases δ can be chosen independent of x .

Definition. The function $f : E \subset \mathbb{R} \rightarrow \mathbb{R}$ is uniformly continuous on the set $H \subset E$, if $\forall \varepsilon > 0 \quad \exists \delta > 0$ such that $\forall x, y \in H: \quad |x - y| < \delta \implies |f(x) - f(y)| < \varepsilon$.

Remarks. a) Here δ depends only on ε and not on x .

b) The definition implies that $\exists \inf_{x \in H} \delta(\varepsilon, x) > 0$.

c) H is usually an interval.

d) If f is uniformly continuous on the interval I (open or closed) and $J \subset I$ then f is uniformly continuous on J . The same δ is suitable for J .

e) If f is uniformly continuous on H then f is continuous for all $x \in H$.

Example. Let $f(x) = x^2$.

a) Prove that f is continuous for all $x_0 \in [1, 2]$.

b) Does there exist $\inf_{x_0 \in [1, 2]} \delta(\varepsilon, x_0) > 0$, that is,

does there exist a $\delta(\varepsilon)$ that is suitable for all $x_0 \in [1, 2]$?

Is f uniformly continuous on $[1, 2]$?

c) Is f uniformly continuous on $(1, 2)$?

d) Is f uniformly continuous on $(1, \infty)$?

Solution. a) $|f(x) - f(x_0)| = |x^2 - x_0^2| = |x - x_0| \cdot |x + x_0| = |x - x_0| \cdot (x + x_0) < |x - x_0| \cdot (x_0 + 1 + x_0) < \varepsilon$ if $|x - x_0| < \frac{\varepsilon}{2x_0 + 1} = \delta(\varepsilon, x_0)$

$$b) \delta(\varepsilon, x_0) = \frac{\varepsilon}{2x_0 + 1} \stackrel{x_0 \in [1, 2]}{\geq} \frac{\varepsilon}{2 \cdot 2 + 1} = \frac{\varepsilon}{5} = \delta(\varepsilon, 2),$$

this is a common $\delta(\varepsilon)$ that is suitable for all $x \in [1, 2]$,

so f is uniformly continuous on $[1, 2]$.

c) Yes, $\delta(\varepsilon, 2)$ is also suitable here, see Remark d).

d) f is not uniformly continuous on $(1, \infty)$.

Let $x_n = n + \frac{1}{n} \rightarrow \infty$ and $y_n = n \rightarrow \infty$. Then $x_n - y_n = \frac{1}{n} \rightarrow 0$, that is, the terms get arbitrarily close to each other if n is large enough, but

$$|f(x_n) - f(y_n)| = \left| \left(n + \frac{1}{n} \right)^2 - n^2 \right| = 2 + \frac{1}{n^2} > 2,$$

so if $\varepsilon < 2$ then there is no suitable δ .

Another choice: $x_n = \sqrt{n+1}$, $y_n = \sqrt{n}$.

Example. $f(x) = \sqrt{x}$ is uniformly continuous on $[0, \infty)$.

Let $\varepsilon > 0$. If $\delta = \varepsilon^2$ and $|x - y| < \delta$ then

$$\begin{aligned} |f(x) - f(y)| &= |\sqrt{x} - \sqrt{y}| = \sqrt{|\sqrt{x} - \sqrt{y}| \cdot |\sqrt{x} + \sqrt{y}|} \leq \\ &\leq \sqrt{|\sqrt{x} - \sqrt{y}| \cdot |\sqrt{x} + \sqrt{y}|} = \sqrt{|x - y|} < \sqrt{\delta} = \varepsilon. \end{aligned}$$

Example. Let $f(x) = \frac{1}{x}$. Prove that

- f is uniformly continuous on $[1, \infty)$;
- f is not uniformly continuous on $(0, 1)$.

Solution. a) $|f(x) - f(y)| = \left| \frac{1}{x} - \frac{1}{y} \right| = \frac{|x - y|}{xy} \leq \frac{|x - y|}{1 \cdot 1} = |x - y| < \varepsilon = \delta$.

$$\text{b) } |f(x) - f(y)| = \left| \frac{1}{x} - \frac{1}{y} \right| = \frac{|x - y|}{xy} < \varepsilon \text{ if } |x - y| < \varepsilon xy,$$

but $\delta(y) = \varepsilon xy \rightarrow 0$ if $y \rightarrow 0$, so there is no common δ that is independent of y .

For example, if $x_n = \frac{1}{n}$ and $y_n = \frac{1}{n+1}$ then $x_n - y_n = \frac{1}{n} - \frac{1}{n+1} = \frac{1}{n(n+1)} \rightarrow 0$, but

$$|f(x_n) - f(y_n)| = |n - (n+1)| = 1,$$

so if $\varepsilon < 1$ then there is no suitable δ .

Theorem (Heine). If f is continuous on the compact set H then f is uniformly continuous on H .

Proof. 1) Indirectly assume that f is not uniformly continuous on K , that is,

$\exists \varepsilon > 0$ such that $\forall \delta > 0 \exists x, y \in H$ such that $|x - y| < \delta$ but $|f(x) - f(y)| \geq \varepsilon$.

2) Let $\delta = \frac{1}{n}$ for all $n \in \mathbb{N}^+$.

Then for this $\delta \exists x_n, y_n \in H$ such that $|x_n - y_n| < \frac{1}{n}$ but $|f(x_n) - f(y_n)| \geq \varepsilon$.

3) Since H is compact, then by the Bolzano-Weierstrass theorem the sequence $(x_n) \subset H$ has a convergent subsequence whose limit belongs to H , that is, there is an index sequence (n_k) such that (x_{n_k}) is convergent and $\lim_{k \rightarrow \infty} x_{n_k} = \alpha \in H$.

4) We show that with the same index sequence (n_k) , the sequence (y_{n_k}) is also convergent and $\lim_{k \rightarrow \infty} y_{n_k} = \alpha$. For all $n \in \mathbb{N}^+$ we have

$$|y_{n_k} - \alpha| \leq |y_{n_k} - x_{n_k}| + |x_{n_k} - \alpha| < \frac{1}{n_k} + |x_{n_k} - \alpha|$$

Since $\frac{1}{n_k} \xrightarrow{k \rightarrow \infty} 0$ and $|x_{n_k} - \alpha| \xrightarrow{k \rightarrow \infty} 0$ then their sum also tends to 0, so $|y_{n_k} - \alpha| \xrightarrow{k \rightarrow \infty} 0$.

5) Since $x_{n_k} \xrightarrow{k \rightarrow \infty} \alpha$ and $y_{n_k} \xrightarrow{k \rightarrow \infty} \alpha$ and f is continuous at $\alpha \in H$, then $f(x_{n_k}) \xrightarrow{k \rightarrow \infty} f(\alpha)$ and $f(y_{n_k}) \xrightarrow{k \rightarrow \infty} f(\alpha)$, from where $\lim_{k \rightarrow \infty} (f(x_{n_k}) - f(y_{n_k})) = f(\alpha) - f(\alpha) = 0$,

however, this is a contradiction, since for all $n \in \mathbb{N}^+$ $|f(x_n) - f(y_n)| \geq \varepsilon$.

It means that the indirect assumption is false, so the statement of the theorem is true.

Theorem. If f is continuous on $[a, \infty)$ and $\exists \lim_{x \rightarrow \infty} f(x) = A \in \mathbb{R}$ then f is uniformly continuous on $[a, \infty)$.

Lipschitz continuity

Definition. The function f is **Lipschitz continuous** on the set A if there exists

$L \geq 0$ (Lipschitz constant), such that $|f(x) - f(y)| \leq L |x - y|$ for all $x, y \in A$.

Theorem. If f is Lipschitz continuous on A , then f is uniformly continuous on A .

Proof. a) If $L = 0$ then δ can be arbitrary, f is constant, so it is uniformly continuous.

b) If $L > 0$ then let $\delta = \frac{\varepsilon}{L}$. If $|x - y| < \frac{\varepsilon}{L}$ for all $x, y \in A$, then

$$|f(x) - f(y)| < L |x - y| \leq L \cdot \frac{\varepsilon}{L} = \varepsilon.$$

Remark. The converse of the theorem is not true.

For example $f(x) = \sqrt{x}$ is uniformly continuous on $[0, 1]$ but not Lipschitz continuous.

Let $x = 0$, $y > 0$ and $L > 0$. Then

$$|\sqrt{y} - \sqrt{x}| \leq L |y - x| \iff \sqrt{y} \leq L \cdot y \iff \frac{1}{L^2} \leq y$$

It means that there is no positive number that is less than $\frac{1}{L^2}$, which is a contradiction.

Remark. f is Lipschitz continuous on $A \implies f$ is uniformly continuous on $A \implies f$ is continuous on A .

Continuity of the inverse function

Definition. The function f is **invertible** if for all $x, y \in D_f$, $x \neq y \implies f(x) \neq f(y)$.

(Or, equivalently, for all $x, y \in D_f$: $(f(x) = f(y) \implies x = y)$).

The inverse function f^{-1} of f is defined as follows:

$D_{f^{-1}} = R_f$ and $(f^{-1} \circ f)(x) = x$ for all $x \in D_f$.

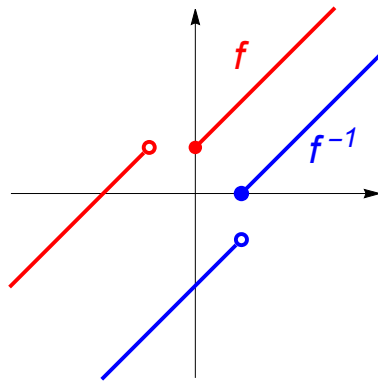
Remark. If f is invertible and continuous at x_0 then from this it doesn't follow that f^{-1} is continuous at $f(x_0)$.

For example, the function $f(x) = \begin{cases} x + 1 & \text{if } x \geq 0 \\ x + 2 & \text{if } x < -1 \end{cases}$ is invertible.

If we express x from the equation $y = f(x)$, then we get that the inverse of f is

$$f^{-1}(y) = \begin{cases} y - 1 & \text{if } y \geq 1 \\ y - 2 & \text{if } y < 1 \end{cases}$$

f is continuous but f^{-1} is not continuous.



Theorem. Assume that $f : [a, b] \rightarrow \mathbb{R}$ is continuous and strictly monotonic.
Then f^{-1} is continuous on R_f .

- Proof.** 1) Since f is continuous on $[a, b]$ then it follows from the intermediate value theorem and extreme value theorem that the range of f is a closed and bounded interval.
Let $[c, d] = R_f$.
Since f is strictly monotonic then it is bijective, so it has an inverse, $f^{-1} : [c, d] \rightarrow [a, b]$.
- 2) Let $v \in [c, d]$ arbitrary, $u := f^{-1}(v)$ and assume that $(y_n) \subset [c, d]$, $y_n \rightarrow v$ is an arbitrary sequence. To prove the continuity of f^{-1} at v , it is enough to show that $x_n := f^{-1}(y_n) \rightarrow f^{-1}(v) = u$.
- 3) Assume indirectly that the sequence $(x_n) \subset [a, b]$ does not tend to u .
Then $\exists \delta > 0 \ \forall k \in \mathbb{N} \ \exists n_k > k$, such that $|x_{n_k} - u| \geq \delta$.
- 4) Since the sequence $(x_{n_k}) \subset [a, b] \setminus (u - \delta, u + \delta)$ is bounded, then it has a convergent subsequence $(x_{n_{k_l}})$. Let $\lim_{l \rightarrow \infty} x_{n_{k_l}} = \alpha$. Obviously $\alpha \in [a, b]$, but $\alpha \neq u$.
- 5) Since f is continuous at α then $f(x_{n_{k_l}}) = y_{n_{k_l}} \rightarrow f(\alpha)$.
Since $y_n \xrightarrow{n \rightarrow \infty} v$ and $(y_{n_{k_l}})$ is a subsequence of (y_n) , then $y_{n_{k_l}} \rightarrow v$, so $f(\alpha) = v$.
- 6) We obtained that $\alpha \neq u$, but $f(\alpha) = f(u) = v$, which means that f is not bijective.
This is a contradiction, so the indirect assumption is false.
Therefore, $x_n \rightarrow u$ and thus f^{-1} is continuous at v .

Convexity and continuity

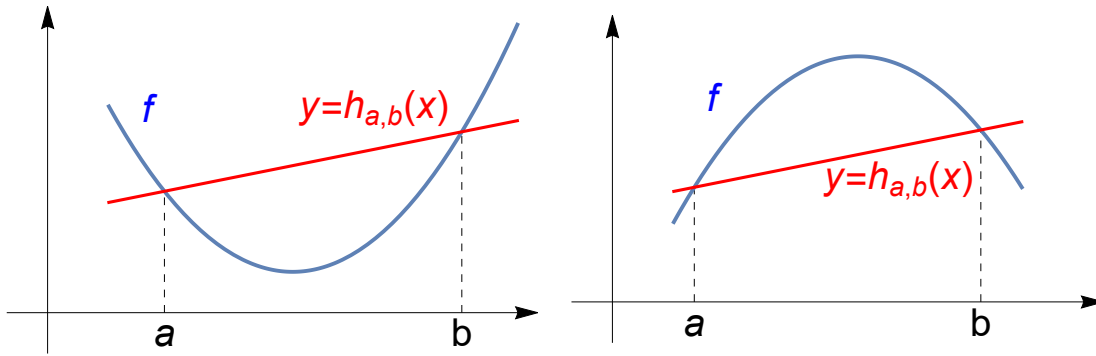
Definition. The function f is **convex** on the interval $I \subset D_f$ if for all $x, y \in I$ and $t \in [0, 1]$

$$f(tx + (1-t)y) \leq tf(x) + (1-t)f(y)$$

The function f is **concave** on the interval $I \subset D_f$ if for all $x, y \in I$ and $t \in [0, 1]$

$$f(tx + (1-t)y) \geq tf(x) + (1-t)f(y).$$

f is strictly convex / strictly concave if equality doesn't hold.



Remark. Let $a, b \in I$, then the secant line passing through the points $(a, f(a))$ and $(b, f(b))$ is

$$h_{a,b}(x) = \frac{f(b) - f(a)}{b - a} (x - a) + f(a).$$

The function f is $\begin{cases} \text{convex} \\ \text{concave} \end{cases}$ on the interval $I \subset D_f$ if

$$\forall a, b \in I, a < x < b \Rightarrow \begin{cases} f(x) \leq h_{a,b}(x) \\ f(x) \geq h_{a,b}(x) \end{cases}, \text{ that is, the secant lines of } f$$

always lie $\begin{cases} \text{above} \\ \text{below} \end{cases}$ the graph of f .

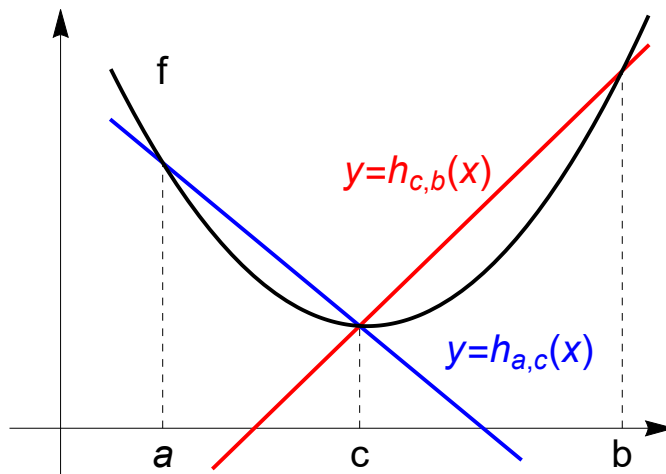
Theorem. If f is convex on the open interval I , then f is continuous on I .

Proof. Let $a, b, c \in I$ such that $a < c < b$.

If $x \in (c, b)$, then $h_{a,c}(x) \leq f(x) \leq h_{c,b}(x)$.

Since $\lim_{x \rightarrow c+} h_{a,c}(x) = \lim_{x \rightarrow c+} h_{c,b}(x) = f(c)$, then by the sandwich theorem $\lim_{x \rightarrow c+} f(x) = f(c)$,

and similarly $\lim_{x \rightarrow c-} f(x) = f(c)$.



Remark. If f is convex on a closed interval, then f can be discontinuous only at the endpoints of the interval.

Jensen's inequality

Theorem (Jensen's inequality).

The function f is convex on the interval I if and only if for all $a_1, a_2, \dots, a_n \in I$, and for all $t_1, t_2, \dots, t_n \geq 0$, if $t_1 + t_2 + \dots + t_n = 1$ then

$$f(t_1 a_1 + t_2 a_2 + \dots + t_n a_n) \leq t_1 f(a_1) + t_2 f(a_2) + \dots + t_n f(a_n)$$

Examples 1. $f(x) = x^2$ is convex on \mathbb{R} . Applying Jensen's inequality with $t_1 = t_2 = \dots = t_n = \frac{1}{n}$:

$$\left(\frac{a_1 + a_2 + \dots + a_n}{n} \right)^2 \leq \frac{a_1^2 + a_2^2 + \dots + a_n^2}{n}$$

from where we obtain the inequality of the arithmetic and quadratic means:

$$\frac{a_1 + a_2 + \dots + a_n}{n} \leq \sqrt{\frac{a_1^2 + a_2^2 + \dots + a_n^2}{n}}$$

2. $f(x) = \frac{1}{x}$ is convex on $(0, \infty)$. Applying Jensen's inequality with $t_1 = t_2 = \dots = t_n = \frac{1}{n}$:

$$\frac{\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n}}{n} = \frac{1}{\frac{a_1 + a_2 + \dots + a_n}{n}} \leq \frac{1}{n} \cdot \frac{1}{a_1} + \frac{1}{n} \cdot \frac{1}{a_2} + \dots + \frac{1}{n} \cdot \frac{1}{a_n} = \frac{1}{n} \left(\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n} \right)$$

from where we obtain the inequality of the arithmetic and harmonic means:

$$\frac{a_1 + a_2 + \dots + a_n}{n} \geq \frac{n}{\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n}}$$