

Table 1) Characteristics of the Subjects Participating in the Study

	Experimental Group (n=11)	Control Group (n=10)
Age (year)	64.36±4.12	66.70±3.77
Height (cm)	152.63±5.20	154.80±7.74
Weight (kg)	68.60±10.40	71.70±10.40
BMI (kg/m²)	29.52±3.37	30.18±4.02

Table 2) Comparison between Intra- and Inter-group Variance in the Levels of Reactive Protein C, Uric Acid, Total Bilirubin and Body Composition in Inactive Elderly Women

Variables	Pre-test	Post-test	Intra-group P Value	Inter-group P Value
Weight (Kg)				
Experimental Group	68.60±10.40	67.40±10.20	0.001	0.001
Control Group	71.70±10.40	72.10±9.80	0.27	
Body Mass Index (kg/m²)				
Experimental Group	29.52±3.37	28.83±3.23	0.01	0.06
Control Group	30.18±4.02	30.13±3.93	0.84	
Body Fat Percentage				
Experimental Group	43.20±6.98	41.36±7.24	0.02	0.06
Control Group	41.51±6.35	41.38±6.73	0.80	
Waist-to-hip Ratio				
Experimental Group	6.41±1.01	5.98±0.98	0.05	0.07
Control Group	8.29±0.99	6.56±1.01	0.41	
C Reactive Protein (mg/l)				
Experimental Group	3.43±0.46	3.00±0.17	0.01	0.99
Control Group	3.45±0.77	3.01±0.39	0.13	
Uric Acid (mg/dl)				
Experimental Group	6.64±0.71	5.41±0.85	0.001	0.20
Control Group	6.82±1.53	5.04±0.93	0.001	
Total Bilirubin (mg/dl)				
Experimental Group	1.01±0.18	0.96±0.11	0.10	0.59
Control Group	1.07±0.19	1.00±0.15	0.11	