

Table 1) Demographic characteristics of the subject in the research based on the group (number in each group=10)

| Green Tea | Aerobic Exercises | Green Tea Plus Aerobic Exercises | Control |
|-------------------------------|--------------------------|---|----------------|
| Age (Year) | | | |
| 36.50±1.43 | 42.20±3.19 | 40.10±3.47 | 41.40±2.41 |
| Height (cm) | | | |
| 154.10±4.50 | 155.00±6.56 | 154.00±6.56 | 152.20±7.22 |
| Weight (kg) | | | |
| 66.53±5.15 | 67.36±3.04 | 59.70±5.22 | 67.20±4.66 |
| BMI (kg/m²) | | | |
| 28.00±1.75 | 27.82±2.27 | 25.27±2.92 | 29.17±3.34 |

Table 2) Statistical comparison of the mean C-reactive protein levels and lipid profiles in obese sedentary women in pre- and post- tests in different groups

| Variables | Green Tea Group | Aerobic Exercise Group | Green Tea Plus Aerobic Exercise Group | Control Group | Inter-group P Value |
|--|-----------------|------------------------|---------------------------------------|----------------|---------------------|
| Total Cholesterol (mg/ dL) | | | | | |
| Pretest Stage | 186.60±3.80 | 182.80±5.39 | 182.20±3.76 | 183.80±80±6.25 | 0.018 |
| Posttest Stage | 185.50±3.68 | 180.00±5.59 | 180.30±3.62 | 184.90±5.62 | |
| Within Group | | | | | |
| Significance Level | 0.003 | 0.001 | 0.001 | 0.276 | |
| Triglycerides (mg/ dL) | | | | | |
| Pretest Stage | 134.10±15.25 | 125.30±12.24 | 121.40±12.20 | 151.40±7.08 | 0.001 |
| Posttest Stage | 131.40±15.76 | 120.50±13.45 | 118.90±12.98 | 151.90±6.15 | |
| Within Group | | | | | |
| Significance Level | 0.021 | 0.001 | 0.082 | 0.66 | |
| Low-density lipoprotein (mg/ dL) | | | | | |
| Pretest Stage | 130.40±16.10 | 102.70±15.21 | 108.10±13.21 | 107.40±12.81 | 0.481 |
| Posttest Stage | 100.40±14.07 | 98.50±17.19 | 105.30±12.82 | 107.60±13.83 | |
| Within Group | | | | | |
| Significance Level | 0.007 | 0.080 | 0.004 | 0.842 | |
| High-density lipoprotein (mg/ dL) | | | | | |
| Pretest Stage | 50.60±6.68 | 48.30±8.17 | 50.50±9.24 | 52.20±4.36 | 0.765 |
| Posttest Stage | 51.10±6.41 | 50.00±8.05 | 53.20±6.10 | 51.00±6.69 | |
| Within Group | | | | | |
| Significance Level | 0.66 | 0.001 | 0.193 | 0.379 | |
| Reactive Protein C (ng per ml) | | | | | |
| Pretest Stage | 2751.00±233.37 | 2667.50±195.35 | 3121.60±294.64 | 2743.60±430.42 | 0.09 |
| Posttest Stage | 2724.90±422.43 | 2352.50±238.33 | 2763.80±564.26 | 2765.70±373.07 | |
| Within Group | | | | | |
| Significance Level | 0.74 | 0.01 | 0.04 | 0.51 | |