

Table 1) Comparison of research variables in the conditions of proper and improper fitting

Parameter	Mean	Significance Level
Speed of walking (meter per minute)		
Pretest	55.58±2.83	0.001
Posttest	58.33±2.94	
The difference in heart rate at rest and walking		
Pretest	36.32±8.37	0.093
Posttest	33.73±7.24	
Physiological index of energy consumption (beats per meter)		
Pretest	0.65±0.13	0.019
Posttest	0.57±0.11	