

**Table 1)** Comparison between Descriptive Statistics Information of the Groups (statistical mean scores)

Every Day Exercise Group	Every Other Day Exercise Group	Control Group	P Value
<b>Age (Year)</b> 52.20±3.70	52.70±3.80	54.10±7.06	0.72
<b>Disease Length (Year)</b> 7.77±2.90	7.62±2.66	9.80±6.32	0.83
<b>Weight (Kg)</b> 66.76±9.68	66.61±11.57	72.48±10.42	0.32
<b>Body Mass Index (Kg/m<sup>2</sup>)</b> 27.73±4.21	28.45±4.37	29.84±4.57	0.52
<b>Daily Use of Metformin (Tablet per Day)</b> 1.66±1.32	1.55±1.23	1.11±1.36	0.47
<b>Daily Use of Glibenclamide (Tablet per Day)</b> 0.83±1.06	1.22±0.97	1.22±1.09	0.32

**Table 2)** Statistical Analysis of the Mean Scores of Quality of Life and Mental Health in the Groups

Variables	Pre-test Stage	After 5-week Exercises	After 10-week Exercises	After 2 Months of Detraining	Inter-group P Value
<b>Physical Dimension of Quality of Life</b>					
Daily Exercise Group	75.74±15.00	84.64±10.25	80.60±11.02	87.47±53.61	0.004
Every Other Day Exercise Group	76.96±12.17	80.58±12.44	79.55±14.04	68.36±21.41	
Control Group	61.31±18.41	60.50±16.85	59.34±20.67	61.32±18.25	
<b>Psycho-social Dimension of Quality of Life</b>					
Daily Exercise Group	80.10±17.21	89.29±9.58	87.54±7.54	76.60±19.35	0.004
Every Other Day Exercise Group	69.05±11.37	78.94±19.06	80.15±15.29	70.84±21.05	
Control Group	64.83±19.47	69.64±13.63	58.85±22.68	63.52±19.46	
<b>Overall Quality of Life</b>					
Daily Exercise Group	77.92±14.66	86.96±86.96	84.07±7.88	82.04±30.61	0.002
Every Other Day Exercise Group	73.00±10.82	76.76±14.94	79.85±13.51	69.60±20.65	
Control Group	63.07±17.29	65.07±13.01	58.10±21.03	62.42±18.17	
<b>Mental Health</b>					
Daily Exercise Group	2.27±3.22	1.00±1.18	1.09±1.64	2.00±3.63	0.046
Every Other Day Exercise Group	2.09±2.07	1.09±1.75	1.18±1.66	1.54±2.42	
Control Group	2.72±2.37	2.27±2.05	2.72±3.69	2.72±4.05	