

Table 1) 8-week Exercise Plan (Exercise Intensity is based on Borg’s RPE Scale and Exercise Length is measured in minutes.)

1st. Session		2nd. Session	
Exercise Length	Exercise Intensity	Exercise Length	Exercise Intensity
1st. Week	10	14	14
2nd. Week	15	14	14
3rd. Week	20	14	15
4th. Week	20-25	15	15
5th. Week	20-25	16	16
6th. Week	20-25	16	16
7th. Week	20-25	16	16
8th. Week	20-25	16	16

Table 2) Comparison between Migraine Headache, Aerobic Endurance, and Body Indices before and after Intervention in 8 Male Persons with Migraine, using Dependent-T Test

Pretest	Posttest	P-Value
Weight (kg)		
68.3±10.9	66.1±10.4	0.016
BMI (kg/m²)		
23.3±3.2	22.6±3.1	0.018
Fat (%)		
15.9±7.4	14.3±6.2	0.024
Headache Intensity (0-10)		
5.7±1.0	4.4±1.3	0.024
Headache Length (Min per Month)		
227.3±135.8	113.7±51.4	0.031
Headache Repetition (Day per Month)		
6.8±3.6	2.9±1.6	0.025
Aerobic Fitness (m)		
1078.7±292.3	1355.8±342.1	0.001