

Table 1) Comparison of the mean variables in both pre and posttests of physical activity (n = 9) and control (n = 9) groups

Variables	Physical Activity Group	Control Group
Homocysteine levels (micromoles per liter)		
Pretest	10.14±2.11	11.38±1.68
Posttest	7.57±1.13	11.00±1.85
Cholesterol (mg per deciliter)		
Pretest	176.89±36.03	176.88±31.32
Posttest	167.33±51.09	177.75±34.23
Triglycerides (mg per deciliter)		
Pretest	116.22±78.58	123.00±0.36
Posttest	95.67±45.79	146.50±70.08
LDL-C (mg/dl)		
Pretest	78.38±18.41	86.00±17.34
Posttest	71.12±20.93	95.14±33.77
HDL-C (mg/dl)		
Pretest	60.22±5.40	58.88±5.46
Posttest	62.22±7.73	56.88±7.51
Body Mass Index (kg/m²)		
Pretest	28.56±3.27	29.11±3.36
Posttest	27.92±2.62	29.33±3.38
Fat (Percentage)		
Pretest	42.62±6.11	44.33±3.27
Posttest	41.76±4.40	44.05±3.51