Table 1) Comparison of the mean of the subjects' demographic characteristics in two groups

Parameter	Experimental Group (n=15)	Control Group (n=14)
Age (Year)	34.60±2.70	38.00±1.76
Height (Meter)	1.62±0.23	1.59±0.23
Weight (kg)	62.00±2.00	68.14±3.25
Body Mass Index (kg/m^2)	23.61±0.96	26.84±1.40

Table 2) Intra-group and inter-group comparison of mean of serum chemerin levels and insulin resistance markers in women with MS

Variables	Pretest	Posttest	Within Group Significance Level	Between Group Significance Level
Weight (Kg)				
Experimental Group	26.00±2.00	16.38±1.84	0.52	0.03
Control Group	86.41±3.25	86.70±2.84	0.79	
Body Mass Index (kg/m²)				
Experimental Group	32.16±0.96	32.55±0.84	0.50	0.02
Control Group	62.48±1.40	62.18±1.26	0.79	
Chemerin Level (pictogram/milliliter)				
Experimental Group	241.04±36.21	391.31±34.72	0.01	0.16
Control Group	231.12±7.58	131.12±9.20	0.29	
Fasting Glucose Level (mg/dl)				
Experimental Group	251.06±16.92	491.39±17.74	0.03	0.12
Control Group	061.75±78.51	061.17±93.26	0.89	
Insulin Level (Micro unit per Milliliter)				
Experimental Group	41.02±1.74	21.39±1.94	0.04	0.01
Control Group	31.53±1.64	41.17±2.09	0.04	
Resistance to Insulin				
Experimental Group	69.27±1.77	68.73±1.71	0.01	0.001
Control Group	59.64±1.37	501.63±1.76	0.05	