

Table 1) Training for groups of MIA for 8 weeks

First Week	Second Week	Third Week	Fourth Week	Fifth Week	Sixth Week	Seventh Week	Eighth Week
The mean duration of exercise (minute)							
10	20	25	20	35	40	40	40
The mean intensity (Borg perceived exertion)							
10	12	14	15	15	15	15	15

Table 2) Mean comparison of the mean variables in both the control and training groups in the pre and post-test stages

Variables	Control Group (n=9)	Training Group (n=10)
Weight (kg)		
Pretest	62.20±10.00	2.26±13.00
Posttest	63.03±11.42	9.58±12.70
Body Mass Index (kg/m²)		
Pretest	24.10±4.42	28.24±4.94
Posttest	24.50±4.74	27.18±4.50
Body Fat (Percent)		
Pretest	28.54±6.89	33.04±6.45
Posttest	28.40±7.52	29.28±4.27
WHR (cm)		
Pretest	0.81±0.06	0.82±0.02
Posttest	0.82±0.08	0.81±0.02
Headache Intensity (Visual analog scale or vas)		
Pretest	5.75±2.14	7.55±1.10
Posttest	5.06±1.55	3.22±1.28
Headache Duration (Hour in month)		
Pretest	10.51±4.83	8.68±3.21
Posttest	8.62±3.96	3.11±1.45
Repetition of Headache (day in month)		
Pretest	8.66±1.55	8.11±3.14
Posttest	7.44±3.00	2.00±1.11
Aerobic power (ml per minute)		
Pretest	36.89±11.23	29.04±4.15
Posttest	33.46±8.27	41.42±4.34
Life Quality Score		
Pretest	64.00±5.54	66.06±6.05
Posttest	63.06±5.85	39.40±2.11