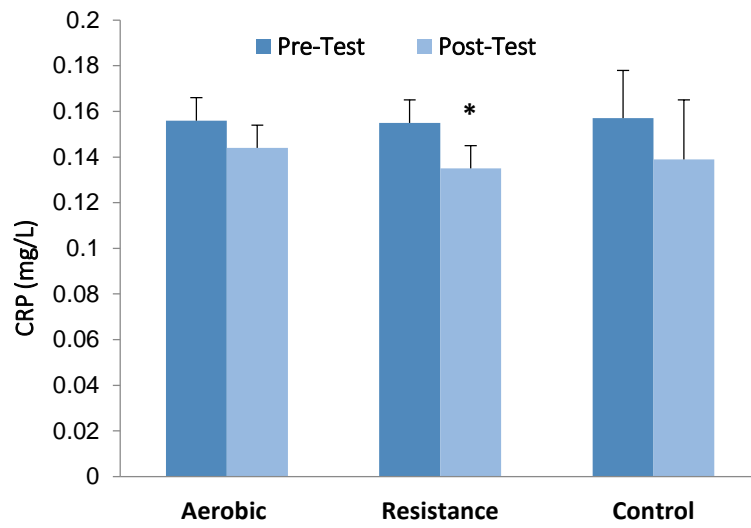


**Table 1)** Comparison of intragroup and intergroup changes in the studied groups before and after exercises

Variables	Pretest Stage	Posttest Stage	Within Group Significance Level	Between Group Significance Level
<b>Weight (kg)</b>				
Aerobic Group	67.68±6.70	66.42±6.58	0.280	0.266
Resistance Group	68.52±6.11	68.28±6.73	0.990	
Control Group	65.42±7.04	67.42±7.42	0.356	
<b>Body Mass Index (kg/m<sup>2</sup>)</b>				
Aerobic Group	27.99±4.11	27.90±4.00	0.210	0.115
Resistance Group	28.11±3.33	28.09±3.59	0.290	
Control Group	26.82±4.85	27.13±4.34	0.168	
<b>Body Fat Percentage</b>				
Aerobic Group	32.21±2.31	31.76±2.61	0.280	0.001*
Resistance Group	32.50±3.17	29.74±1.97	0.034*	
Control Group	30.36±1.96	30.55±2.11	0.862	
<b>Waist to Hip Ratio</b>				
Aerobic Group	0.82±0.04	0.80±0.03	0.076	0.334
Resistance Group	0.83±0.05	0.82±0.06	0.097	
Control Group	0.82±0.03	0.82±0.05	0.990	
<b>Insulin Concentration (micro unit per milliliter)</b>				
Aerobic Group	13.85±4.21	10.01±5.93	0.010*	0.002*
Resistance Group	13.42±4.99	10.08±5.69	0.025*	
Control Group	11.85±6.81	13.62±9.10	0.267	
<b>Fasting Glucose Concentration</b>				
Aerobic Group	205.12±29.64	147.12±25.46	0.005*	0.021*
Resistance Group	215.75±35.85	171.50±35.70	0.035*	
Control Group	205.71±30.19	228.86±33.75	0.360	
<b>Insulin Resistance Index</b>				
Aerobic Group	7.01±5.40	3.63±5.76	0.002*	0.001*
Resistance Group	7.14±5.27	4.26±5.47	0.006*	
Control Group	6.05±5.09	7.69±5.31	0.255	

\*P<0.05



\*p<0.05 compared to pretest stage

‡p<0.05 compared to the control group

**Chart 1)** A comparison of CPR and B-values- comparison of interleukin-10 values before and after 10 weeks