

Table 1) Comparison between the Mean Values of Body Mass Index, Weight, and Waist and Hip Circumferences in Two Groups before and after Intervention

Group	Body Mass Index	Weight (Kg)	Waist Circumference (cm)	Hip Circumference (cm)
Experimental				
Before Intervention	32.7±4.3	87.6±11.3	89.4±17.6	122.6±21.3
After Intervention	31.5±4.2	84.5±10.4	88.8±15.9	121.9±19.8
P Value	p=0.01	p=0.02	p=0.22	p=0.35
Control				
Before Intervention	33.3±4.5	88.2±10.8	89.6±16.9	124.0±20.5
After Intervention	32.9±4.1	87.3±10.7	89.2±18.1	123.4±20.3
P Value	p=0.45	p=0.12	p=0.23	p=0.47