

Table 1) Evaluation of studied variables in the pre and posttest stages in two controlled group (10 people) and experimental group (10 people)

Variables	Pretest Stage	Posttest Stage	Intra-group P Value	Inter-group P Value
Weight (kg)				
Experimental	19.11±1.46	70.72±1.63	0.001	0.056
Controlled	66.36±1.85	67.41±2.33	0.129	
Fat (Percentage)				
Experimental	17.60±1.31	15.11±1.12	0.022	0.001
Controlled	22.48±2.22	23.13±2.62	0.586	
BMI (kg/m²)				
Experimental	18.97±2.52	19.31±2.75	0.001	0.178
Controlled	21.72±3.22	22.19±2.11	0.443	
VEGF (Ng per milliliter)				
Experimental	128.10±18.29	172.30±27.34	0.001	0.012
Controlled	127.10±21.45	134.21±29.22	0.78	
Endostatin(Ng per milliliter)				
Experimental	7.62±1.37	7.64±2.23	0.057	0.171
Controlled	6.98±1.81	6.32±2.82	0.81	
Nitric Acid (Micromoles per liter)				
Experimental	22.19±4.33	26.77±2.17	0.001	0.001
Controlled	21.11±3.13	21.51±2.12	0.41	