

Table 1) Mean weight of rats and lipid profile levels in four study groups (n=12 rats in each group)

Parameter	Control	Swimming training	Dill Extract	Training +Extract
Weight (gr)				
Pretest	168±16.29	158.07±31.87	175.00±16.02	167.42±17.14
Posttest	182.55±17.82	176.54±15.78	181.53±7.69	172.57±25.08
Lipid profile (milligrams per deciliter)				
LDL	187.86±29.45	99.46±19.84	120.20±43.47	79.28±20.09
VLDL	57.24±4.85	34.70±4.47	39.08±5.61	33.21±4.68
HDL	33.33±2.34	38.75±3.13	35.57±3.45	43.08±3.84
Triglyceride	286.22±24.27	173.50±22.38	195.42±28.05	166.08±23.44
Total Cholesterol	273.44±28.05	172.91±23.71	194.85±34.09	155.58±19.25