

Table 1) Comparison between Pretest and Posttest in Two Groups using Correlated T Test

Index	Pretest	Posttest	P Value	t
Weight (Kg)				
Pilates	83.40±6.34	81.20±6.79	0.02	2.61
Control	86.43±12.3	86.29±12.01	0.35	1
Waist to Hip Ratio (cm)				
Pilates	0.90±0.05	0.88±0.09	0.10	1.77
Control	0.99±0.05	0.99±0.07	0.83	-0.22
BMI (Kg/cm²)				
Pilates	32.38±2.53	30.79± 2.57	0.01	2.92
Control	32.81±4.48	32.78±4.42	0.35	1
Triglyceride (mg/dl)				
Pilates	132.90±45.83	145.20±67.06	0.50	0.82
Control	110.40±42.37	146.43±90.08	0.16	-1.59
Cholesterol (mg/dl)				
Pilates	186.70±33.63	172.10±33.59	0.01	3.00
Control	174.80±22.36	179.57±26.75	0.65	-0.47
HDL (mg/dl)				
Pilates	44.70±11.38	43.50±14.39	0.49	0.70
Control	42.43± 7.67	46.86±7.71	0.09	-1.8
LDL (mg/dl)				
Pilates	115.50±29.84	99.50±32.58	0.01	3.46
Control	110.43±16.45	103.57±20.21	0.38	0.9
Cortisol (µg/dl)				
Pilates	11.13±3.30	14.20±3.99	0.03	-2.53
Control	15.95±6.80	11.77±4.62	0.09	1.99