

Table 1) Comparison between Mean Values of General Characteristics and Concentration of Interleukin-18 and hsCRP Serums in Three Groups in Pre-test and Post-test Stages using One-way Analysis of Variance

Index	Endurance Exercise Group	Resistance Exercise Group	Control Group	P Value
Weight (Kg)				
Pretest	60.9±4.6	60.1±4.3	61.5±4.2	0.278
Posttest	61.2±5.2	63.2±4.8	61.1±5.7	0.018
Body Mass Index (Kg/m²)				
Pretest	18.4±2.1	18.3±2.1	18.4±2.3	0.145
Posttest	18.5±2.4	19.2±2.4	18.5±2.1	0.023
Body Fat Percentage				
Pretest	19.1±2.8	19.1±2.3	19.5±2.7	0.178
Posttest	18.4±2.9	18.7±2.2	18.9±2.4	0.288
VO₂max (ml per kg of body weight in each minute)				
Pretest	32.1±5.3	31.2±4.3	31.6±5.6	0.332
Posttest	38.2±4.4	35.4±4.6	31.2±4.9	0.002
Interleukin-18 (pg/ml)				
Pretest	191.09±41.12	209.27±51.32	195.39±48.71	0.098
Posttest	175.77±37.62	200.14±39.56	180.91±42.42	0.159
hsCRP (µg/ml)				
Pretest	0.43±0.24	0.49±0.28	0.51±0.30	0.11
Posttest	0.39±0.33	0.46±0.26	0.44±0.27	0.19