

Table 1. Mean scores of the variables in the subjects

Variable	Intervention group (M±SD)	Control group (M±SD)	Shapiro-Wilk test	P-Value
Age, year	41.5±3.15	39.50±2.59	0.17	0.83
Height, cm	175.4±3.40	173.9±3.38	0.31	0.61
Weight, kg	90.84±7.87	90.45±2.67	0.49	0.12
BMI, kg/m²	30.1±1.6	29.3±1.8	0.18	0.30
Waist to hip (cm)	0.99±0.05	0.97±0.04	0.22	0.88
Systolic blood pressure (mmHg)	135.3±5.8	139.6±5.7	0.13	0.18
Diastolic blood pressure (mmHg)	87.6±1.7	85.1±3.0	0.11	0.27
Alanine aminotransferase (IU)	50.7±8.6	48.5±8.9	0.07	0.23
Aspartate aminotransferase (IU)	40.4±6.5	37.8±9.3	0.29	0.62
High density lipoprotein (mg/dl)	44.8±6.0	44.8±6.2	0.43	0.25
Low density lipoprotein (mg/dl)	125.1±26.5	125.1±26.5	0.62	0.31
Triglyceride (mg/dl)	207.5±37.9	207.4±36.7	0.36	0.73
Total cholesterol (mg/dl)	201.2±39.4	197.3±28.6	0.83	0.19
Right intima-media thickness (mm)	0.81±0.19	0.78±0.11	0.25	0.51
Left intima-media thickness (mm)	0.82±0.42	0.79±0.23	0.19	0.46

Table 2. Changes in the research variables in the post-test compared with the pre-test

Variables	Intervention group			Control group			Intergroup P-Value
	Pre-test	Post-test	Intragroup P-Value	Pre-test	Post-test	Intragroup P-Value	
Age, year	90.84±7.87	84.19±4.51	0.001*	90.45±2.67	90.86±3.9	0.28	0.001†
Height, cm	30.1±1.6	28.2±1.9	0.012*	29.3±1.8	29.5±1.7	0.17	0.001†
Weight, kg	0.99±0.05	0.86±0.62	0.007*	0.97±0.04	0.98±0.12	0.33	0.021†
BMI, kg/m ²	135.3±5.8	129.1±3.6	0.001*	129.6±5.7	129.8±5.9	0.67	0.001†
Waist to hip (cm)	87.6±1.7	86.9±1.4	0.09	85.1±3.0	85.2±3.2	0.12	0.01†
Systolic blood pressure (mmHg)	50.7±8.6	34.6±4.0	0.023*	48.5±8.9	48.2±7.5	0.24	0.024†
Diastolic blood pressure (mmHg)	40.4±6.5	26.9±3.1	0.011*	37.8±9.3	38.9±6.4	0.75	0.001†
Alanine aminotransferase (IU)	44.8±6.0	52.5±2.8	0.004*	44.5±6.2	44.3±5.8	0.31	0.019†
Aspartate aminotransferase (IU)	125.1±26.5	93.2±21.3	0.001*	125.1±26.5	129.3±23.6	0.28	0.036†
High density lipoprotein (mg/dl)	207.5±37.9	156.2±24.1	0.001*	207.4±36.7	203.2±39.1	0.47	0.002†
Low density lipoprotein (mg/dl)	201.2±39.4	167.0±13.5	0.001*	197.3±28.6	199.8±26.0	0.71	0.001†
Triglyceride (mg/dl)	0.81±0.19	0.77±0.08	0.001*	0.76±0.11	0.77±0.12	0.42	0.001†
Total cholesterol (mg/dl)	0.82±0.42	0.77±0.33	0.018*	0.79±0.23	0.79±0.25	0.83	0.001†

*Significant intra-group difference: p<0.05

†Significant intergroup difference: p<0.05