

Table 1) Mean personal characteristics of the studied groups

Experimental Groups (n=14)	Control Group (n=13)
Age (Year)	
22.57±1.55	22.61±1.93
Height (Centimeter)	
176.64±5.37	174.92±3.75
Weight (Kilogram)	
69.85±7.77	71.12±5.06
Body Mass Index (Kilogram per Square Meter)	
21.36±2.74	22.35±1.99

Table 2) Intra-group and inter-group comparison of mean of research variables in the pretest and posttest phases

Variables	Pretest	Posttest	Intragroup Significance	Intergroup Significance
Weight (Kilogram)				
Experimental Group	69.85±7.77	69.49±7.79	0.001	0.06
Control Group	71.12±5.06	70.96±4.96	0.33	
Body Mass Index (Kilogram per Square Meter)				
Experimental Group	21.36±2.74	21.22±2.75	0.01	0.05
Control Group	22.35±1.99	22.36±1.98	0.93	
Body Fat (Percentage)				
Experimental Group	12.55±6.04	12.12±6.06	0.10	0.10
Control Group	18.73±6.52	18.90±6.48	0.35	
Applyin Level (Picogram per milliliter)				
Experimental Group	1918.35±590.77	1716.21±607.27	0.001	0.02
Control Group	1982.30±676.02	1985.61±646.30	0.96	
Fasting Glucose Level (milligram per deciliter)				
Experimental Group	91.50±8.01	88.28±8.28	0.09	0.001
Control Group	84.92±9.73	93.53±14.39	0.02	
Insulin Level (Unit per milliliter)				
Experimental Group	16.21±6.92	14.11±5.01	0.02	0.01
Control Group	15.59±6.62	21.36±12.83	0.07	
Insulin Resistance				
Experimental Group	66.87±30.92	55.81±21.91	0.02	0.01
Control Group	58.67±25.57	93.27±68.08	0.06	
Maximum Oxygen Consumption (Milliliter in Kilogram per minute)				
Experimental Group	39.92±1.94	41.21±1.80	0.001	0.04
Control Group	38.84±1.48	39.07±1.76	0.34	