**Table 1: Physical Characteristics of the participants**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Total=30** | **Male(**♂)**=20** | **Female(**♀)**=10** | **p-value** |
|  |  | **M±SD** | **M±SD** | **M±SD** |  |
| ***Age*** |  | 35.3±7.98 | 35.05±8.54 | 35.9±7.06 | 0.788 |
| ***Height*** |  | 1.64±0.07 | 1.62±0.06 | 1.69±0.06 | 0.004\* |
| ***Weight*** |  | 71.1±7.0 | 69.9±7.39 | 73.5±5.77 | 0.189 |
| ***BMI*** |  | 26.4±2.95 | 26.7±3.01 | 25.8±2.85 | 0.399 |
| ***Marital Status*** |  |  |  |  |  |
|  | ***Single*** | 8 (26.7%) |  |  |  |
|  | ***Married*** | 18 (60%) |  |  |  |
|  | ***Widowed*** | 4 (13.3%) |  |  |  |

M; mean, SD; standard deviation, n; number, %; percent, BMI; body mass index significant at p=0.05 alpha probability level

***Table 2: Between group comparison of all outcome variables***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Experimental group** |  | **Control**  **Group** | **p-value** |
|  | n= 15  (10♂, 5♀)  **M±SD** |  | n= 15  (10♂, 5♀)  **M±SD** |  |
| ***Age*** | 36.8±8.86 |  | 33.9±7.26 | 0.322 |
| ***Height*** | 1.65±0.08 |  | 1.64±0.05 | 0.645 |
| ***Weight*** | 67.3±7.99 |  | 74.8±2.65 | 0.002\* |
| ***BMI*** | 24.8±3.49 |  | 27.9±0.81 | 0.002\* |
|  |  |  |  |  |
| ***Pre -test 6MWD*** | 211.53±16.9 |  | 207.20±20.1 | 0.528 |
| ***Pre-test PCS*** | 41.3±5.88 |  | 41.3±7.49 | 0.983 |
| ***Pre-test MCS*** | 47.5±8.83 |  | 46.9±7.91 | 0.851 |
| ***Post-test 6MWD*** | 222.7±13.35 |  | 209±16.82 | 0.02\* |
| ***Post-test PCS*** | 48.7±5.06 |  | 41.5±7.32 | 0.004\* |
| ***Post-test MCS*** | 55.6±6.23 |  | 47.6±8.72 | 0.007\* |

M; mean, SD; standard deviation, n; number, %; percent, BMI; body mass index\*; significant at p=0.05 alpha probability level, 6MWD; six minute walkdistance (in meters) test, PCS; physical component score, MCS; mental component score, male; ♂, female; 5♀.

***Table 3: Results for the within group differences (paired t-test)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Pre-intervention** |  | **Post- intervention** | **p-value** |
|  | n= 15  M±SD |  | n= 15  M±SD |  |
| ***Experimental group*** |  |  |  |  |
| ***6MWD*** | 211.53±16.9 |  | 222.7±13.35 | 0.004\* |
| ***PCS*** | 41.3±5.89 |  | 48.7±5.06 | 0.001\* |
| ***MCS*** | 47.5±8.83 |  | 55.6±6.23 | 0.001\* |
| ***Control group*** |  |  |  |  |
| ***6MWD*** | 207.2±20.1 2 |  | 209±16.82 | 0.494 |
| ***PCS*** | 41.3±7.49 |  | 41.5±7.32 | 0.435 |
| ***MCS*** | 46.9±7.91 |  | 47.6±8.72 | 0.484 |

M; mean, SD; standard deviation, n; number, %; percent, BMI; body mass index \*; significant at p=0.05 alpha probability level, 6MWD; six minute walk distance (in meters) test, PCS; physical component score, MCS; mental component score