

**Table 1****Table 1.** Participant characteristics

<b>Characteristics</b>	<b>Experimental Group (n=19)</b>	<b>Control Group (n=17)</b>	<b>Effect Size</b>	<b>P value</b>
Age (years)	33.26±14.02	32.53±9.61	0.03	0.85
<b>Gender</b>				
Female, n (%)	8 (42.1)	3 (17.6)		0.12
Male, n (%)	11 (57.9)	14 (82.4)		0.12
Weight (kg)	85.20±21.86	82.62±18.92	0.06	0.71
BMI (kg.m <sup>2</sup> )	29.08±6.63	26.12±8.94	0.18	0.26

Data presented as mean ± SD or n (%); BMI, body mass index; kg·m<sup>2</sup>