

	Intervention Group		Control	
	N = 36		N = 36	
	Baseline	6 month	Baseline	6 month
BMI	31.97 ± 6.58	31.21 ± 6.13	34.23 ± 6.16	34.51 ± 5.97
	29.25 (27.37 - 34.10)	29.15 (26.80 - 32.88)	33.40 (29.60 - 37.58)	33.05 (30.43 - 37.55)
Δ	-0.76 ± 1.44		0.28 ± 0.97	
Systolic	133.64 ± 15.11	125.06 ± 15.44	133.47 ± 15.94	130.14 ± 14.35
	134 (121.50 - 144.00)	124 (116.75 - 135)	131.00 (122.50 - 143.50)	127.50 (120 - 140)
Δ	-8.58 ± 17.17		-3.33 ± 14.81	
Diastolic	75.44 ± 9.10	74.58 ± 12.37	77.14 ± 9.66	75.69 ± 7.54
	74.50 (69 - 81)	74.00 (65.00 - 80.50)	76.00 (68.75 - 85.00)	76.50 (69.00 - 82.00)
Δ	-0.86 ± 8.30		-1.44 ± 10.11	
Glucose	116.64 ± 74.91	107.14 ± 38.65	128.97 ± 73.86	126.61 ± 63.96
	94.00 (83.75 - 116.50)	95.50 (85.25 - 129.00)	98.00 (81.75 - 139.00)	106.50 (85.00 - 145.75)
Δ	-9.50 ± 57.36		-2.36 ± 51.22	
HDL	50.17 ± 11.85	50.17 ± 13.07	48.33 ± 13.70	45.19 ± 10.78
	47.50 (40.00 - 60.00)	48.50 (43.00 - 60.25)	43.50 (39.00 - 54.25)	43.50 (38.00 - 52.00)
Δ	0.00 ± 8.09		-3.14 ± 6.91	
LDL	102.94 ± 33.84	100.50 ± 30.39	99.83 ± 29.06	93.61 ± 27.47
	109.00 (75.25 - 124.50)	95.00 (76.50 - 120.50)	104.00 (88.25 - 112.25)	96.50 (77.50 - 110.25)
Δ	-2.44 ± 21.27		-6.22 ± 23.12	