

Table 1. Anthropometric indices of obese women at entrance to the study (group A) and of normal weight women (group B) (mean $\pm$ SD)

	Group A (n=36)	Group B (n=30)	P value
Age (yr)	35.4 $\pm$ 9.2	34.9 $\pm$ 7.4	<0.456
Weight (kg)	102.1 $\pm$ 18.7	60.2 $\pm$ 5.3	<0.001
Body mass index (kg/m ²)	38.5 $\pm$ 7	24 $\pm$ 1.1	<0.001
Waist hip ratio	0.9 $\pm$ 0.06	0.7 $\pm$ 0.04	<0.01
Waist circumference (cm)	108.5 $\pm$ 10.6	74.5 $\pm$ 15	<0.001
%Fat mass	42.5 $\pm$ 8.1	26.5 $\pm$ 3.9	<0.001
%Free fat mass	57.9 $\pm$ 8.2	73.4 $\pm$ 3.8	<0.001