75 Insulin Resistant Patients

- physical examination
- 12-lead electrocardiogram
- echocardiography
- CP exercise test
- complete blood chemistry.

Subsequently assigned to

- MET therapy (25)
- Supervised exercise therapy (25)
- MET therapy plus supervised exercise (25)

After 12 week

- 5 drop out
- 4 drop out

- physical examination
- 12-lead electrocardiogram
- echocardiography
- CP exercise test
- complete blood chemistry.