

Appendix Table 7: vote counting – comparing dose of exercise (dose units = weeks of exercise training x average sessions/week x average duration of session (minutes))

Direction of result	Number of results	
	Dose ≥ 2000 units	Dose <2000 units
PA in CR same as control (P>0.05)	24 (56%)	55 (85%)
PA in CR higher than control (P \leq 0.05)	16 (37%)	8 (12%)
PA in control higher than CR (P \leq 0.05)	1 (2%)	1 (1.5%)
PA difference between CR and control not clear (no P-value reported)	2 (5%)	1 (1.5%)
Total	43	65