

## **Supplementary File 1. Description of Databases searched.**

**Academic Search Complete** – This database includes most areas of academic study. It contains the full text for 5,500 periodicals, including 4,600 peer-reviewed publications. In addition, it provides indexing and abstracts for more than 9,500 journals.

**CINAHL (Cumulative Index of Nursing and Allied Health Literature)** - This database is a major source of research for all areas of nursing and allied health. It includes more than 600,000 full-text articles dating back to 1982 and provides the full text for more than 550 nursing allied health journals.

**Cochrane Central Register of Controlled Trials** – This is a bibliographic database that provides a focused source for randomized controlled trials. Each record includes (1) a list of authors, (2) the title of the article and (3) the source, volume, issue, page numbers, and, in most cases, the abstract of the article. However, the full text of each article is not available.

**Education Research Complete** – This database provides an online resource for education research. Indexing and abstracts for more than 1,500 journals as well as the full text for more than 750 journals, including the full text for more than 100 books and monographs. In addition, education-related conference papers are available.

**ERIC (Education Resources Information Center)** - This database, sponsored by the US Department of Education, provides extensive access to educational-related literature and corresponds to two printed journals, Resources in Education (RIE) and Current Index to Journals in Education (CIJE). Both journals provide access to approximately 14,000 documents and more 20,000 journal articles annually. ERIC also provides coverage of conferences, meetings, government documents, theses, dissertations, reports, audiovisual media, bibliographies, directories, books and monographs.

**LILACS (Latin American and Caribbean Health Sciences Literature)** – This database contains health science literature from Latin American and Caribbean countries. It includes the indexing of theses, books, book chapters, congresses or conferences annals, scientific-technical reports, journal articles, etc., related to health.

**Medline** – This database provides medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and more. Created by the National Library of Medicine in the United States, it indexes the titles and abstracts from over 4,800 current biomedical journals.

**Proquest-** This database claims to be the world's most complete collection of dissertations and theses from around the world, ranging from the year 1743 to the

present. It provides full text for graduate works since 1997 selected full text for works written prior to 1997.

**Scopus** – This database provides abstracts and citations that include both peer-reviewed research literature as well as quality web sources. It provides researchers with resources to support their research needs in the scientific, technical, medical and social sciences fields as well as the arts and humanities.

**Sport Discus** – This database provides bibliographic coverage of sport, fitness and related disciplines. It contains over 600,000 records with journal and monograph coverage dating back to the year 1800. It also includes multi-disciplinary, international references from journal and magazine articles, books, book chapters, conference proceedings and more.

**Web of Science** – This database provides access to current and retrospective multidisciplinary information from approximately 8,700 of high impact research journals from around the world.

**PubMed – This database** is the United States National Library of Medicine's gateway to MEDLINE, a bibliographic database that includes the fields of medicine, nursing, dentistry, veterinary medicine and pre-clinical sciences. MEDLINE includes bibliographic records and author abstracts from more than 5,200 biomedical journals published in the United States as well as 70 other countries.

## Supplementary File 2. Search Strategy (updated) for PubMed.

Translations:	
exercise	"exercise"[MeSH Terms] OR "exercise"[All Fields]
physical activity	"motor activity"[MeSH Terms] OR ("motor"[All Fields] AND "activity"[All Fields]) OR "motor activity"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields]
physical fitness	"physical fitness"[MeSH Terms] OR ("physical"[All Fields] AND "fitness"[All Fields]) OR "physical fitness"[All Fields]
strength training	"resistance training"[MeSH Terms] OR ("resistance"[All Fields] AND "training"[All Fields]) OR "resistance training"[All Fields] OR ("strength"[All Fields] AND "training"[All Fields]) OR "strength training"[All Fields]
weight training	"weight lifting"[MeSH Terms] OR ("weight"[All Fields] AND "lifting"[All Fields]) OR "weight lifting"[All Fields] OR ("weight"[All Fields] AND "training"[All Fields]) OR "weight training"[All Fields]
overweight	"overweight"[MeSH Terms] OR "overweight"[All Fields]
Humans[Mesh]	"humans"[MeSH Terms]
Database:	
PubMed	
User query:	
(((exercise OR physical activity OR physical fitness OR strength training OR weight training) AND (child* OR adolescen* OR boys OR girls) AND (overweight OR obes*)) AND ("2012/08/01"[Date - Publication] : "3000"[Date - Publication]) AND (Humans[Mesh])	

**Supplementary File 3.** Studies excluded, including specific reasons for exclusion.

- (1) Anon. Habit-reversal behavioral therapy effective for children with Tourette disorder. Journal of the National Medical Association 2010;102:968-9. Not an exercise intervention study  
Ref ID: 4650
- (2) Escoto-Ponce-de-León-MC, Mancilla-Díaz JM, Camacho-Ruiz EJ. A pilot study of the clinical and statistical significance of a program to reduce eating disorder risk factors in children. Eating and Weight Disorders 2008;13:111-8. Not an exercise intervention study  
Ref ID: 4651
- (3) Weight gain associated with intensive therapy in the diabetes control and complications trial. The DCCT Research Group. Diabetes Care 1988 July;11(7):567-73. Did not meet all selection criteria  
Ref ID: 2329
- (4) Noticeboard. Lancet 1992 February 15;339(8790):421. Not an exercise intervention study  
Ref ID: 3341
- (5) Current awareness in geriatric psychiatry. International Journal of Geriatric Psychiatry 1993 July;8(7):619-26. Not an exercise intervention study  
Ref ID: 3342
- (6) Current awareness in human psychopharmacology. Human Psychopharmacology: Clinical and Experimental 1994 November;9(6):451-8. Review article  
Ref ID: 3343
- (7) Progestogen-only contraceptives during lactation: I. Infant growth. World Health Organization Task force for Epidemiological Research on Reproductive Health; Special Programme of Research, Development and Research Training in Human Reproduction. Contraception 1994;50:35-53. Not a randomized controlled trial (RCT)  
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- (8) Research Digest. Pediatric Exercise Science 1995 February;7(1):5-11. Abstract  
Ref ID: 3881
- (9) Resámenes. (Spanish). Resumed 10[1], 9. 1997. Abstract,  
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- (10) Radiation Oncology. Clinical and Investigative Medicine 1998 December 2;21:S84-S99. Not an exercise intervention study  
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- (11) American Journal Of Clinical Nutrition. Journal of Human Nutrition and Dietetics 11[4], 347-361. 1998. Abstract,  
Ref ID: 3346
- (12) [A survey on the physical growth of children under 7 years in the urban and suburban rural areas of nine cities of China in 1995. Coordinating Group of Nine Cities on Physical Growth and Development of Children]. Zhonghua yi xue za zhi 1998;78:187-91. Not a randomized controlled trial (RCT), Not an exercise intervention study  
Ref ID: 4648
- (13) Poster presentations. Mycoses 1999 March;42(3):165-223. Abstract  
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- (14) Proceedings of the 1st Workshop on insulin-dependent diabetes mellitus in children and adolescents. Amman, Jordan, 26-28 October 1997. Acta Paediatrica Supplement 1999 January 3;88(s427):1-51. Abstract  
Ref ID: 3350
- (15) 3rd Baltic bone and cartilage conference. Acta Orthopaedica Scandinavica 1999 October 2;70:1. Abstract  
Ref ID: 3347
- (16) Swedish Orthopedic Society. Acta Orthopaedica Scandinavica 1999 October 2;70:47. Abstract  
Ref ID: 3348
- (17) Proceedings of the Interplanetary Society Conference. Port Ludlow, Washington, USA. 30 May-2 June 1997. Dedicated to Paul B. Beeson, M.D. Journal of Infectious Diseases 1999 March 15;179:iv-S390. Did not meet all selection criteria  
Ref ID: 544
- (18) In defence of the Milquetoast phenotype. Lancet 1999 May 29;353(9167):1884-5. Editorial or letter or comment  
Ref ID: 3349
- (19) Writing Group. British HIV Association (BHIVA) guidelines for the treatment of HIV-infected adults with antiretroviral therapy. HIV Medicine 2000 April;1(2):76-101. Not an exercise intervention study  
Ref ID: 3355
- (20) Correspondence. Lancet 2000 July 15;356(9225):247. Editorial or letter or comment  
Ref ID: 3354
- (21) New Millennium Research to Practice - Conference Abstracts: 11th World Congress of the International Association for the Scientific Study of Intellectual

- Disabilities (IASSID), 1-6 August 2000 Seattle, Washington, USA. Journal of Intellectual Disability Research 44[3/4], 189-528. 2000. Abstract,  
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- (22) Current awareness. Human psychopharmacology: Clinical and Experimental 2000 April;15(3):221-6. Abstract  
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- (23) Current literature. Journal of Human Nutrition and Dietetics 13[5], 373-386. 2000. Abstract,  
Ref ID: 3351
- (24) Subject Index for Volume 3. Nutrition in Clinical Care 2000 November;3(6):407. Abstract  
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- (25) Consensus conference on osteoporosis: Prevention, diagnosis and treatment. Española De Enfermedades Metabólicas Óseas 2000;9(6):231-9. Review article  
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- (26) Proceedings of the South-Eastern Organ Procurement Foundation meeting. 16 September 1999, Memphis, Tennessee, USA. Clinical Transplantation 2000 August 2;14:365-438. Not an exercise intervention study  
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- (28) Occupational and Environmental Allergy. Allergy 55, 152-170. 8-2-2000. Abstract,  
Ref ID: 504
- (29) Clinical Practice Guideline: Treatment of the school-aged child with attention-deficit/hyperactivity disorder. Pediatrics 2001 October;108(4):1033. Review article  
Ref ID: 3360
- (30) Track 5 Physical activity, exercise and sports P130-P151. International Journal of Obesity and Related Metabolic Disorders 2001 May 3;25:S68. Abstract  
Ref ID: 490
- (31) NASPE Abstracts. Pacing and Clinical Electrophysiology 2001 April 15;24(4P2):539-737. Abstract  
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- (32) What's new in the journals? Diabetic Medicine 2001 October 15;18:10-3.  
Abstract  
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- (33) Brown D. Nutritional management of HIV in the era of highly active antiretroviral therapy: a review of treatment strategies. Australian Journal of Nutrition and Dietetics 2001 December;58(4):224. Review article  
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- (34) Keyword index to volume 25. International Journal of Obesity and Related Metabolic Disorders 2001 December;25(12):1865. Abstract  
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- (35) Poster Group 1 - Paediatrics. Allergy 56, 173-195. 11-2-2001. Wiley-Blackwell. Abstract,  
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- (37) Posters Group 2 - Environmental and Occupational Health. Allergy 56, 235-250. 11-2-2001. Wiley-Blackwell. Abstract,  
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- (38) American Transplant Congress. Day-at-a-Glance, Tuesday, April 30, 2002. American Journal of Transplantation 2002 April 2;2:102-29. Abstract  
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- (42) New technology program grants from the department of education. Techniques: Connecting Education and Careers 2002 May;77(5):6. Review article  
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- (43) Policy statements adopted by the Governing Council of the American Public Health Association, October 24, 2001. American Journal of Public Health 2002 March;92(3):451-83. Review article  
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- (44) Women's health literature watch. Journal of Women's Health and Gender-Based Medicine 2002 January;11(1):89-93. Review article  
Ref ID: 473
- (45) Education fuels budget debate. Techniques: Connecting Education and Careers 2002 May;77(5):6. Editorial or letter or comment  
Ref ID: 3794
- (46) Abstracts of the Paediatrics and Child Health Division, RACP Annual Scientific Meeting, May 2002. Journal of Paediatrics and Child Health 2002 October;38(5):A1-A18. Abstract  
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- (52) Author Index. Clinical Endocrinology 2002 June;56(6):829-38. Abstract  
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- (53) Abstracts 401-450. Journal of Sleep Research 2002 June 2;11:201-24. Abstract  
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- (54) Poster Discussion Session 12: Asthma mechanisms, treatment and quality of life. Allergy 2002 July 2;57:317-23. Abstract  
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- (55) Guidelines for Referral to Pediatric Surgical Specialists. *Pediatrics* 2002 July;110(1):187. Survey or questionnaire  
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- (57) Chronic daily headache. *Headache: The Journal of Head and Face Pain* 43[10], 1128. 2003. Review article,  
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- (58) Pediatric Headache. *Headache: The Journal of Head and Face Pain* 43[10], 1126. 2003. Not an exercise intervention study,  
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- (59) Correct answers to multiple choice questions appearing in the European Urology Update Series 2002. *BJU International* 2003 January 15;91(2):155-73. Not an exercise intervention study  
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- (60) Physicians poster session: Supportive care and regulatory issues. *Bone Marrow Transplantation* 2003 March 2;31(5):S216. Abstract  
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- (61) 16th Annual Meeting of the European Musculo-Skeletal Oncology Society & 4th Symposium of the EMSOS Nurse Group, 7-9 May 2003, Budapest: Abstracts. *Sarcoma* 7[2], 93. 2003. Abstract,  
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- (63) Abstracts of the Annual Meeting of the Thoracic Society of Australia and New Zealand. 4-9 April 2003, Adelaide, Australia. *Respirology* 2003 November 3;8:A1-A67. Abstract  
Ref ID: 3375
- (64) Cosmetic Ingredient Review Expert Panel. Safety assessment of salicylic acid, butyloctyl salicylate, calcium salicylate, C12-15 alkyl salicylate, capryloyl salicylic acid, hexyldodecyl salicylate, isocetyl salicylate, isodecyl salicylate, magnesium salicylate, MEA-salicylate, ethylhexyl. *International Journal of Toxicology* (Taylor & Francis) 2003 November 15;22:1-108. Review article  
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- (65) Author Index to Volume 64. *Kidney International* 64[6], 2351-2374. 2003. Nature Publishing Group. Abstract, Ref ID: 3372
- (66) Migraine: Treatment. Headache: *The Journal of Head and Face Pain* 43[10], 1122. 2003. Review article, Ref ID: 3378
- (67) Migraine: Pathophysiology. Headache: *The Journal of Head and Face Pain* 43[10], 1125. 2003. Not an exercise intervention study, Ref ID: 3379
- (68) Sister Societies. *Journal of the European Academy of Dermatology and Venereology* 17, 443. 11-2-2003. Abstract, Ref ID: 3376
- (69) Abstracts. *Alternative Medicine Review* 8[4], 453-466. 2003. Abstract, Ref ID: 3377
- (70) Citations and clinicians' notes: Micronutrients. *Current Medical Literature: Clinical Nutrition* 13[2], 31-32. 2004. Abstract, Ref ID: 3402
- (71) Saturday 20 March Respiratory Nurses SIG Oral Session (1030-1230). *Respirology* 2004 March 3;9:A1-A75. Abstract Ref ID: 3403
- (72) Track 7C: Physical activity. *International Journal of Obesity and Related Metabolic Disorders* 28, S205-S212. 5-2-2004. Abstract, Ref ID: 3401
- (73) Track 5a: Management - Obesity management. *International Journal of Obesity and Related Metabolic Disorders* 28, S133-S151. 5-2-2004. Abstract, Ref ID: 3399
- (74) Track 6a: Prevention and etiology - Prevention and methods. *International Journal of Obesity and Related Metabolic Disorders* 28, S162-S166. 5-2-2004. Abstract, Ref ID: 3400
- (75) Oral rehydration therapy is the mainstay of treatment for infectious diarrhoea in children. *Drugs and Therapy Perspectives* 2004 January;20(1):7-11. Abstract Ref ID: 3407
- (76) Physical health and profound, multiple disabilities. *Journal of Intellectual Disability Research* 48[4/5], 340-367. 2004. Abstract, Ref ID: 3797

- (77) Correct answers to multiple choice questions appearing in the European Urology Update Series 2003. BJU International 93[2], 228-246. 1-15-2004. Not an exercise intervention study,  
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- (78) Carr A, Workman C, Carey D, Rogers G, Martin A, Baker D, Wand H, Law M, Samaras K, Emery S, Cooper DA, Rosey investigators. No effect of rosiglitazone for treatment of HIV-1 lipoatrophy: Randomised, double-blind, placebo-controlled trial. Lancet 2004 February 7;363(9407):429-38. Drug intervention study  
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- (80) Abstracts cont. Clinical Microbiology and Infection 10, 179-273. 5-2-2004. Wiley-Blackwell. Abstract,  
Ref ID: 3398
- (81) 18th Meeting of the Austrian Society of Transplantation, Transfusion and Genetics. European Surgery: ACA Acta Chirurgica Austriaca 2004 November 3;36:1-42. Abstract  
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- (82) B. Renal Disease and Failure. Kidney 2004 November;13(6):263-9. Abstract  
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- (83) Endoscopy. Journal of Gastroenterology and Hepatology 19, A223-A273. 10-2-2004. Wiley-Blackwell. Survey or questionnaire,  
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- (84) Author Index to Volume 66. Kidney International 66[6], 2493-2515. 2004. Nature Publishing Group. Abstract,  
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- (85) Index. Alimentary Pharmacology and Therapeutics 2004 December;20(11/12):1391-406. Abstract  
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- (86) Accumulated Table of Contents. Kidney International 66[6], 2516-2535. 2004. Nature Publishing Group. Abstract,  
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- (88) Part One - The primary headaches. Cephalalgia (Wiley-Blackwell) 24, 23-136. 5-2-2004. Wiley-Blackwell. Not an exercise intervention study,  
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- (89) 14th European congress of clinical microbiology and infectious diseases, prague, czech republic, 1-4 may 2004. Clinical Microbiology and Infection 10, 1-86. 5-2-2004. Wiley-Blackwell. Abstract,  
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- (90) Abstracts of the 40th Annual Scientific Meeting of the Australian and New Zealand Society of Nephrology. Adelaide, Australia, 1-3 September 2004. Nephrology 2004 August 2;9:A1-A46. Abstract  
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- (91) Citations and clinicians' notes: Micronutrients. Current Medical Literature: Clinical Nutrition 2004 July;13(3):50-3. Not an exercise intervention study  
Ref ID: 3393
- (92) Citations and clinicians' notes: Hypertension -- Complications. Current Medical Literature: Nephrology and Hypertension 2004 June;10(2):43-6. Not an exercise intervention study  
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- (94) Podium And Moderated Poster Session Abstracts. Journal of Sexual Medicine 2, 3-38. 1-2-2005. Wiley-Blackwell. Abstract,  
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- (95) L-Carnitine. Alternative Medicine Review 2005 March;10(1):42-50. Review article  
Ref ID: 3422
- (96) Abstracts of the 26th Annual Scientific Meeting of the High Blood Pressure Research Council of Australia, 24-26 November 2004. Clinical and Experimental Pharmacology and Physiology 2005 July;32(7):A1-A27. Abstract  
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- (97) Late effects and quality of life. Bone Marrow Transplantation 2005 March 17;35:183-94. Not an exercise intervention study  
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- (98) Free Communications, Poster Presentations: Student poster award finalists. Journal of Athletic Training 40, S-95. 4-2-2005. Abstract,  
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- (99) Intense diet, behavior, and physical activity intervention effective for obese children. *Journal of Family Practice* 2005;54:579. No exercise only group, Diet Intervention Study  
Ref ID: 4649
- (100) 1st IASSID Asian-Pacific Conference Taipei, Taiwan June 12-15, 2005 Abstracts. *Journal of Policy and Practice in Intellectual Disabilities* 2005 September;2(3/4):176-220. Abstract  
Ref ID: 3798
- (101) Unmoderated Poster Session Abstracts. *Journal of Sexual Medicine* 2, 39-87. 1-2-2005. Wiley-Blackwell. Abstract,  
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- (103) Chronic obstructive pulmonary disease. *Current Medical Literature: Respiratory Medicine* 19[4], 86-93. 2005. Abstract,  
Ref ID: 3411
- (104) 19th Meeting of the Austrian Society of Transplantation, Transfusion, and Genetics, October 26-28, 2005. *European Surgery: ACA Acta Chirurgica Austriaca* 2005 October 3;37:1-46. Abstract  
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- (105) Diet, lifestyle, and disease. *Current Medical Literature: Clinical Nutrition* 2005 October;14(4):76-84. Abstract  
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- (106) Proceedings of the 2nd International Conference on New Insights in Progression of Chronic Kidney Disease, Barcelona, Spain, May 8-10, 2005. *Kidney International Supplement* 2005 December 2;(99):S-1. Abstract  
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- (107) Nutrition and growth in kidney disease. *Nephrology* 2005 December 2;10:S177-S230. Review article  
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- (108) *Congres Annuel De Recherche Dermatologique (Card) French-Speaking Congress Of Dermatological Research Brest (France)*, MAY 27-28, 2005. *Journal of Investigative Dermatology* 2005 Dec;A13-A24. Abstract  
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- (109) Folic acid. *Alternative Medicine Review* 2005 September;10(3):222-9. Diet Intervention or Supplement Study  
Ref ID: 3417

- (110) C. Hypertension and systemic disease. *Kidney* 2005 September;14(5):224-30. Not an exercise intervention study  
Ref ID: 3418
- (111) Clinical science. *Epilepsia (Series 4)* 2005 August;46(8):1158-61. Animal study, Diet Intervention Study  
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- (112) Oral abstracts. *Australian and New Zealand Journal of Obstetrics and Gynaecology* 45, A1-A19. 9-2-2005. Wiley-Blackwell. Abstract,  
Ref ID: 3414
- (113) Colon, rectum and small bowel. *Journal of Gastroenterology and Hepatology* 2005 September 2;20:A13-A40. Abstract  
Ref ID: 3415
- (114) Satellite symposia. *Journal of the European Academy of Dermatology and Venereology* 2005 September 2;19:1-17. Abstract  
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- (116) Abstracts of the 10th Meeting of the Italian Peripheral Nerve Study Group. *Journal of the Peripheral Nervous System* 2006 June;11(2):179-208. Abstract  
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- (117) Prevention of boar taint in pig production: Abstracts of the 19th Symposium of the Nordic Committee for Veterinary Scientific Cooperation Gardermoen, Norway. 21-22 November 2005. *Acta Veterinaria Scandinavica* 2006 January 2;48:1-3. Abstract, Animal study  
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- (118) Speaker abstracts. *Isokinetics and Exercise Science* 2006 June;14(2):111-52. Abstract  
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- (119) East-European Symposium Central and Peripheral Synaptic Transmission October 5-9, 2005, Varna, Bulgaria. *Autonomic and Autacoid Pharmacology* 26[1], 31-120. 2006. Wiley-Blackwell. Abstract,  
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- (120) Abstracts from the 24th Annual Scientific Meeting. *Immunology and Cell Biology* 2006 June;84(3):A1-A34. Abstract  
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- (122) Oral Communications. *Diabetic Medicine* 2006 December 2;23:612-9. Not an exercise intervention study  
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- (123) 5-Methyltetrahydrofolate. *Alternative Medicine Review* 2006 December;11(4):330-7. Review article  
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- (124) Hepatology. *Journal of Gastroenterology and Hepatology* 2006 October 3;21:A300-A334. Abstract  
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- (125) 47th Annual Meeting of the Austrian Society of Surgery, Vienna, June 15-17, 2006. *European Surgery: ACA Acta Chirurgica Austriaca* 2006 June 2;38:1-121. Abstract  
Ref ID: 3433
- (126) SSS abstracts. *British Journal of Surgery* 93[9], 1153-1176. 2006. Abstract,  
Ref ID: 3432
- (127) Parallel sessions: oral presentations. *Liver International* 2006 September 2;26:11-22. Abstract  
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- (128) Poster abstracts. *Transfusion Alternatives in Transfusion Medicine* 2007 March 2;9:31-59. Abstract  
Ref ID: 3448
- (129) Swiss Society of Surgery. *British Journal of Surgery* 94[6], 761-784. 2007. Abstract,  
Ref ID: 3447
- (130) Recent abstracts. *Alternative Medicine Review* 12[2], 174-188. 2007. Abstract,  
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- (134) 21st Meeting of the Austrian Society of Transplantation, Transfusion and Genetics. St. Wolfgang, October 17-20, 2007. European Surgery: ACA Acta Chirurgica Austriaca 39, 1-43. 10-3-2007. Abstract,  
Ref ID: 3440
- (135) Nutrition. Journal of Gastroenterology and Hepatology 2007 October 3;22:A403-A412. Abstract  
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- (136) Effective dietary interventions for overweight and obese children. Australian Nursing Journal 2007 June;14(11):31-4. Review article  
Ref ID: 1210
- (137) Subject index. BJU International 2007 December;100(6):1451-63. Abstract  
Ref ID: 3439
- (138) 41st Annual Meeting of the German Speaking Mycological Society (DMykG). Mycoses 2007 September;50(5):334-82. Abstract  
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- (139) Circadian rhythms. Sleep and Biological Rhythms 2007 August 2;5:A22-A31. Abstract  
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**Supplementary File 4. Study level risk of bias.**

<b>Study</b>	<b>Random</b>	<b>Allocation</b>	<b>Blinding</b>	<b>Blinding</b>	<b>Incomplete</b>	<b>Selective</b>	<b>Participants</b>
	<b>assignment</b>	<b>concealment</b>	<b>(participants/ personnel)</b>	<b>(outcome assessment)</b>	<b>outcome data</b>	<b>reporting</b>	<b>inactive</b>
Alberga et al. [61]	low	Low	high	unclear	high	low	unclear
Alves et al. [62]	low	unclear	high	unclear	low	low	unclear
Elloumi et al. [63]	low	unclear	high	unclear	unclear	low	high
Farpour-Lambert et al. [64]	low	Low	high	low	low	low	low
Hagstromer et al. [65]	low	unclear	high	unclear	high	low	high
Karacabey [66]	low	unclear	high	unclear	unclear	low	low
Kelly et al. [67]	low	unclear	high	unclear	unclear	low	unclear
Kim et al. [68]	low	unclear	high	unclear	unclear	low	low
Kim et al. [69]	low	unclear	high	unclear	high	low	unclear
Meyer et al. [70]	low	unclear	high	unclear	high	low	low
Murphy et al. [71]	low	unclear	high	unclear	unclear	low	unclear
Saygin & Ozturk [72]	low	unclear	high	unclear	unclear	low	unclear
Shaibi et al. [73]	low	unclear	high	unclear	high	low	unclear
Sigal et al. [74]	low	low	high	unclear	low	low	low
Song et al. [75]	low	unclear	high	low	high	low	low
Sun et al. [76]	low	unclear	high	unclear	low	low	unclear

Tan et al. [77]	high	high	high	unclear	low	low	unclear
Watts et al. [78]	low	unclear	high	unclear	unclear	low	unclear
Watts et al. [79]	low	unclear	high	unclear	unclear	low	unclear
Wong et al. [80]	low	unclear	high	unclear	low	low	unclear

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Notes: Item-by-item risk of bias results for each study using the Cochrane Risk of Bias Assessment Instrument. Low, low risk of bias, High, high risk of bias, Unclear, unclear risk of bias.

**Supplementary File 5.** Mixed-effects meta-regression results for changes in BMI in kg/m<sup>2</sup>.

Variable	ES (#)	$\beta_1 \pm$ SE	CI (95%)	Z(p)
Study Characteristics				
- Year of publication	22	-0.016 $\pm$ 0.094	-0.201, 0.169	-0.17(0.86)
- Country <sup>a</sup>	UAC	UAC	UAC	UAC
- Control group type <sup>b</sup>	22	0.189 $\pm$ 0.764	-1.310, 1.687	0.25(0.80)
- Random sequencing <sup>c</sup>	UAC	UAC	UAC	UAC
- Allocation concealment <sup>c</sup>	UAC	UAC	UAC	UAC
- Blinding (part. & pers.) <sup>c</sup>	UAC	UAC	UAC	UAC
- Blinding (outcome asses.) <sup>c</sup>	UAC	UAC	UAC	UAC
- Outcome reporting <sup>c</sup>	14	-0.082 $\pm$ 0.534	-1.130, 0.965	-0.15(0.88)
Selective reporting <sup>c</sup>	UAC	UAC	UAC	UAC
Previously active <sup>c</sup>	UAC	UAC	UAC	UAC
Sample size estimates <sup>d</sup>	22	0.741 $\pm$ 0.618	-0.470, 1.951	1.20(0.23)
Type of analysis <sup>e</sup>	15	-0.175 $\pm$ 0.506	-1.167, 0.8170	-0.35(0.73)
Funding <sup>d</sup>	UAC	UAC	UAC	UAC
Dropouts (%)	11	-0.027 $\pm$ 0.022	-0.070, 0.016	-1.22(0.22)
Adverse events <sup>d</sup>	UAC	UAC	UAC	UAC
Participant Characteristics				
- Age (years)	21	-0.0003 $\pm$ 0.118	-0.231, 0.230	-0.001(0.99)
- Gender <sup>f</sup>	22	UAC	UAC	UAC
- Race/Ethnicity <sup>g</sup>	UAC	UAC	UAC	UAC
- Physical activity changes <sup>h</sup>	UAC	UAC	UAC	UAC
- Pubertal stage <sup>i</sup>	UAC	UAC	UAC	UAC
- Initial BMI (kg/m <sup>2</sup> )	19	-0.107 $\pm$ 0.093	-0.2885, 0.074	-1.16(0.25)
Exercise Characteristics				
- Length (weeks)	22	-0.019 $\pm$ 0.053	-0.123, 0.085	-0.36(0.72)



- Frequency (days/week)	22	-0.034±0.273	-0.570,0.502	-0.12(0.90)
- Intensity <sup>j</sup>	11	0.946±1.107	-1.224,3.115	0.85(0.39)
- Duration (min/session) <sup>k</sup>	18	-0.023±0.021	-0.065,0.018	-1.09(0.27)
- Minutes/week <sup>k</sup>	18	-0.005±0.006	-0.017,0.007	-0.85(0.39)
- Minutes/week (adj.) <sup>k</sup>	UAC	UAC	UAC	UAC
- Total minutes <sup>k</sup>	18	-0.0003±0.003	-0.0008,0.0002	-1.07(0.28)
- Total minutes (adj.) <sup>k</sup>	UAC	UAC	UAC	UAC
- Compliance (%)	4	0.009±0.020	-0.031,0.049	0.44(0.66)
- Exercise supervision <sup>l</sup>	UAC	UAC	UAC	UAC
- Exercise location <sup>m</sup>	UAC	UAC	UAC	UAC
- Type of participation <sup>n</sup>	22	0.415±0.755	-1.064,1.895	0.55(0.58)
- Type of exercise <sup>o</sup>	UAC	UAC	UAC	UAC

Notes: ES (#), total number of effect sizes in model; SE, standard error; CI, confidence interval; Z, Z-score; p, alpha value;  $\beta_1$ , beta for predictors; <sup>a</sup>, Other versus USA (reference); <sup>b</sup>, Other versus Non-intervention (reference); UAC, unable to calculate because of insufficient sample sizes (<4 results for continuous variables or <4 results per group for categorical variables); <sup>c</sup>, Low versus high risk (reference); <sup>d</sup>, Yes versus no (reference); <sup>e</sup>, Per-protocol versus intention-to-treat (reference); <sup>f</sup>, Males versus females (reference); <sup>g</sup>, Non-hispanic whites versus other (reference); <sup>h</sup>, Increase and decrease versus no change (reference); <sup>i</sup>, prepubertal and pubertal versus postpubertal (reference); <sup>j</sup>, moderate versus high (reference); <sup>k</sup>, limited to aerobic exercise as an intervention; <sup>l</sup>, supervised and unsupervised versus both (reference); <sup>\*</sup>, <sup>m</sup>, Facility and home versus both (reference); <sup>n</sup>, Self versus both (reference); <sup>o</sup>, Aerobic and weight training versus both (reference).

## Supplementary File 6. GRADE results.

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations		Control	Relative (95% CI)	Absolute		
Changes in BMI in kilogram meters squared (follow-up mean 13.4 weeks; measured with: Calculated based on the assessment of height and weight; Better indicated by higher values)												
20	randomised trials	serious <sup>1</sup>	serious <sup>2</sup>	no serious indirectness	no serious imprecision	strong association <sup>3</sup>	575	396	-	MD 1.08 lower (0.52 to 1.64 lower)	⊕⊕⊕○ MODERATE	CRITICAL

<sup>1</sup> (1) Allocation concealment rated as unclear in 16 of 20 studies (80%) and high in 1 (5%), (2) all 20 studies considered to be at a high risk of bias with respect to blinding of participants and personnel because it's impossible to blind participants to an exercise intervention, (3) attrition bias classified as high in 6 studies (30%) and unclear in 8 (40%), (4) whether participants were physically inactive prior to enrollment rated as unclear in 12 studies (60%) and high in 2 (10%).

<sup>2</sup> Used a random-effects model for analysis but overall I-squared statistic for inconsistency was 90.9% (95% confidence interval = 87.6 to 93.4) and diversity statistic was 91.5%, Both demonstrate large inconsistency and diversity.

<sup>3</sup> Despite some of the biases observed as well as overlapping prediction intervals and lack of information on adverse events, the overall findings and trial sequential analysis results suggest that it is highly unlikely that the direction of the overall effect of exercise on BMI in overweight and obese children and adolescents would change, and that in general, exercise is a safe activity for this population group to participate in.