| **Study Reference** | **Study Characteristics** | **Inclusion/Exclusion** | **CONSORT Numbers**  **Retention** | **Participant Characteristics** |
| --- | --- | --- | --- | --- |
| Kirk, 2003128  MET | **Design:** RCT  **Location:** Nebraska and Kansas, US  **Recruitment Setting:** University of Nebraska-Kearney, University of Kansas and respective communities  **Volunteer:** NR | **Inclusion:** Aged 19-30 years; BMI 27-32 kg/m2 (women) and 27-31 kg/m2 (men); met or exceeded the 85th percentile for triceps skinfold of the National Health and Nutrition Examination Survey II populations; sedentary and did not exceed 500 calories of physical activity per week  **Exclusion:** History of chronic disease; elevated blood pressure (>140/90), lipids (cholesterol>6.7 mmol/L, triglycerides>5.6 mmol/L), or fasting glucose (>7.8 mmol/L); smokers; took medication that would affect physical performance or metabolism; lacked ability to perform laboratory tests or participate in routine moderate intensity exercise | **N Randomized:**  Total: 131  IG: 87  CG: 44  **N Analyzed:**  Total: 74  IG: 41  CG: 33 | **Age (mean):** 23 (calc)  **Sex (% female):** 58.1 (calc)  **Race/Ethnicity:**  *% White:* 82.4  *% African-American:* 8.1  *% Native American:* 1.4  *% Hispanic:* 1.4  *% Asian:* 6.8  **SES (income, education):** NR  **% Hypertension:** NR  **% Diabetes:** NR  **% Dyslipidemia:** NR  **Other health problems:** NR  *Note: Baseline characteristics for completers only (n=74)* |
| Uusi-Rasi, 2010135 | **Design:** Cohort  **Location:** Finland  **Recruitment Setting:** Tampere University Hospital  **Volunteer:** NR | **Inclusion:** Aged 25-45 years; BMI > 30 kg/m2; clinically healthy premenopausal women  **Exclusion:** Metabolic bone disease; eating disorders, severe menstrual irregularities; use of estrogen other than hormonal contraceptives; use of medication that could affect the skeleton; recent (<1 year) delivery or lactation, fracture/trauma and related long immobilizaton (> 1 month) | **N Randomized:**  Total: 75  IG: 75  CG: NA  **N Analyzed:**  Total: 62 (82.7%)  IG: 62  CG: NA | **Age (mean):** 40.2  **Sex (% female):** 100  **Race/Ethnicity: NR**  **SES (income, education):** NR  **% Hypertension:** 11.3 (regular use of hypertensive med)  **% Diabetes:** NR  **% Dyslipidemia:** NR  **Other health problems:** Hypothyroidism, other regular medication use  *Note: Baseline characteristics for completers only (n=62)* |
| Warren, 2009138  SHE | **Design:** RCT  **Location:** US  **Recruitment Setting:** Community  **Volunteer:** Y | **Inclusion:** Aged 25-44 years; BMI 25-35 kg/m2; stable body weight (<10% change during the past year); premenopausal; sedentary or modestly physically active (<3 weekly sessions of moderate aerobic activity; nonsmoker  **Exclusion:** Medical condition or medications that could limit participation in the exercise program or affect study measurements; any positive responses on the Physical Activity Readiness Questionnaire | **N Randomized:**  Total: 164  IG: 82  CG: 82  **N Analyzed:**  Total: 163  IG: 81  CG: 82 | **Age (mean):** 35.7 (calc)  **Sex (% female):** 100  **Race/Ethnicity:**  *% NonWhite:* 35  **SES (income, education):** NR  **% Hypertension:** NR  **% Diabetes:** NR  **% Dyslipidemia:** NR  **Other health problems:** NR |
| Williamson, 2008137  CALERIE | **Design:** RCT  **Location:** US  **Recruitment Setting:** Community  **Volunteer:** Y | **Inclusion:** Non-smoking, adult men (25-50 years) and women (25-45 years); overweight at screening (25≤BMI<30 kg/m2); otherwise healthy; not taking medications other than oral contraceptives  **Exclusion:** Mental health problems; eating disorders; significant barriers to participation | **N Randomized:**  Total: 48  IG1: 12  IG2:12  IG3: 12  CG: 12  **N Analyzed:**  Total: 48  IG1: 12  IG2: 12  IG3: 12  CG: 12 | **Age (mean):** 38  **Sex (% female):** 56  **Race/Ethnicity:**  *% White:* 62.5  *% African American:* 33.3  *% Asian or Latino:* 4.2  **SES (income, education):** NR  **% Hypertension:** NR  **% Diabetes:** NR  **% Dyslipidemia:** NR  **Other health problems:** NR |