| **Study Reference** | **Study Characteristics** | **Inclusion/Exclusion** | **CONSORT Numbers****Retention** | **Participant Characteristics**  |
| --- | --- | --- | --- | --- |
| Kirk, 2003128MET | **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, 2009138SHE | **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, 2008137CALERIE | **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 |