

Web appendix: Medline search strategy

1. Exercise[MeSH Terms]
- 2."Physical education and training"[MeSH Terms]
- 3."Physical fitness"[MeSH Terms]
4. exercis*[Title/Abstract]
5. exertion*[Title/Abstract]
6. sport*[Title/Abstract]
7. walk* [Title/Abstract]
8. jog* [Title/Abstract]
9. run* [Title/Abstract]
10. swim* [Title/Abstract]
11. "aerobic train*" [Title/Abstract]
12. "physical education*" [Title/Abstract]
13. "physical* fit*" [Title/Abstract]
14. Sports[MeSH Terms]
15. Physical exertion[MeSH Terms]
16. Exercise therapy[MeSH Terms]
17. "physical* activ*" [Title/Abstract]
18. bicyc*[Title/Abstract]
19. cycling[Title/Abstract]
20. Exercise movement techniques [MeSH]
21. danc*[Title/Abstract]
22. or/1-21
23. Primary health care [MeSH]
24. Family practice [MeSH]
25. Physicians, family [MeSH]
26. "primary care" [Title/Abstract]
27. "primary health care" [Title/Abstract]
28. "family pract*" [Title/Abstract]
29. "general pract*" [Title/Abstract]

30. "GP*" [Title/Abstract]
31. "family doctor*"
32. "family physician*" [Title/Abstract]
33. or/23-32
34. randomized controlled trial [MeSH]
35. controlled clinical trial [MeSH]
36. randomized [Title/Abstract]
37. placebo [Title/Abstract]
38. randomly [Title/Abstract]
39. trial [Title/Abstract]
40. groups [Title/Abstract]
41. or/34-40
42. 22 and 33 and 41