

# Supplementary Files

Figure S1.

## PubMed Search Strategy

### Pub Med Search Strategy Terms

#11 Search (Exercise/Broad[filter]) AND (#10)

#10 Search #8 OR #9

#9 Search #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8

#8 Search (((exercise[MeSH Terms]) OR exercise therapy [MeSH Terms]) OR aerobic exercise[Text Word]) OR exercise training[Text Word] OR resistance training [Text Word] OR Weight lifting [Text word] OR Strength Endurance [Text Word] OR Fitness [Text Word] OR Cardiovascular training [Text Word] OR Walk\* [Text Word] OR Exertion [Text Word] OR Muscular exercise [Text Word] OR Polestriding [Text Word] OR Plantar Flexion [Text Word]

#7 Search ((physical activity [MeSH Terms]) OR physical training [Text Word])

#6 Search (((lifestyle therapy [MeSH Terms]) OR exercise training [Text Word])

#5 Search (((obese [MeSH Terms]) OR exercise training [Text Word])

#4 Search (((overweight [MeSH Terms]) OR exercise training [Text Word])

#3 Search (((non-alcoholic steatohepatitis [MeSH Terms]) OR exercise training [Text Word])

#2 Search (((non-alcoholic fatty liver disease [MeSH Terms]) OR exercise training [Text Word])

#1 Search (((fatty liver disease [MeSH Terms]) OR exercise training [Text Word])

## Funnel Plots to Examine Publication Bias

Figure S2. Change in Interhepatic Fat in Exercise Studies with >10,000 Kcal Total Energy Expenditure.

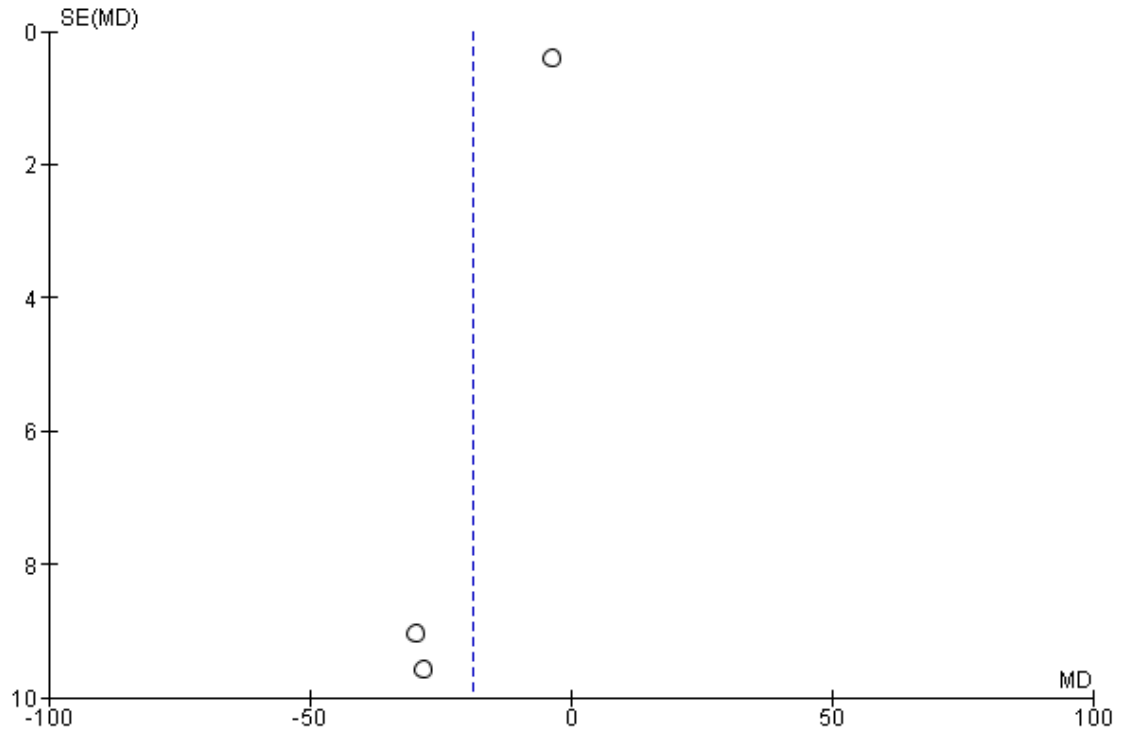


Figure S3. Change BMI in Exercise Studies Only

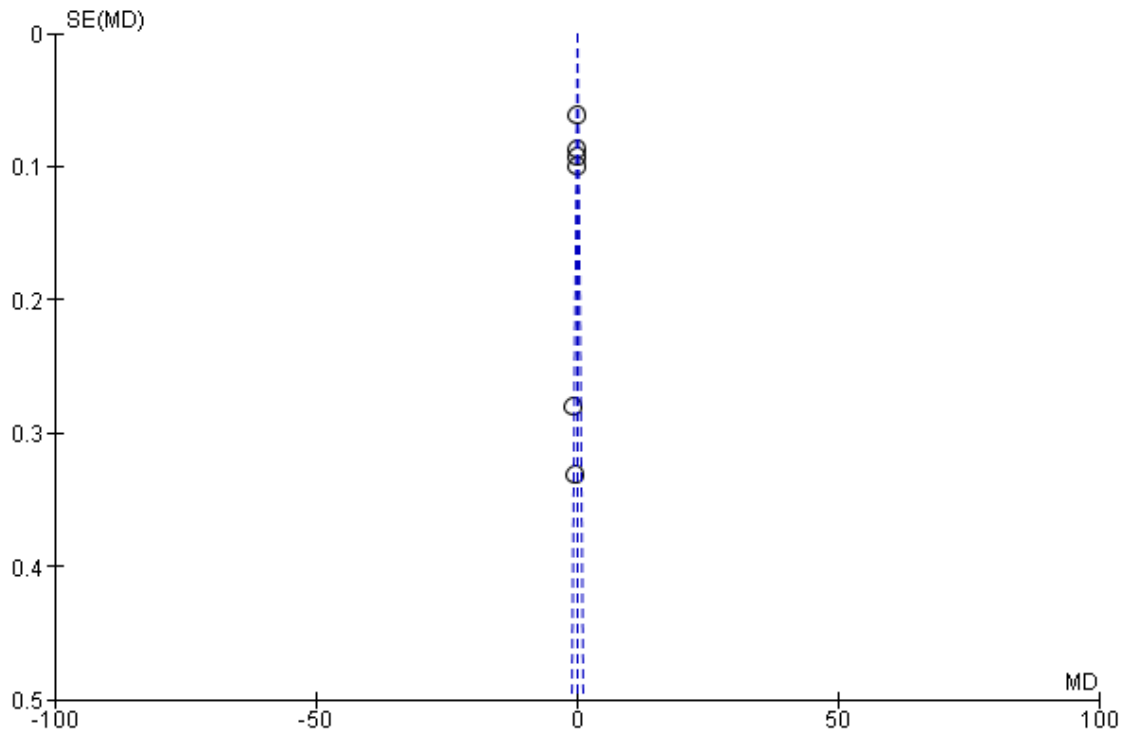


Figure S4. Change in FFA in Exercise Studies Only

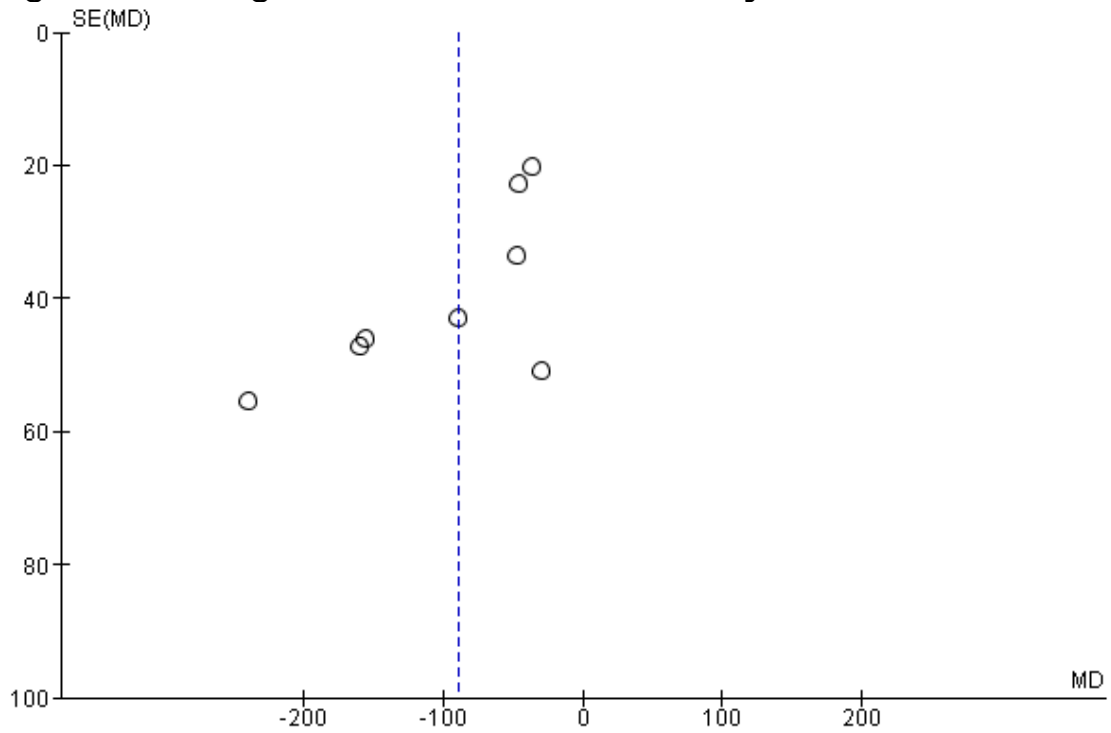


Figure S5. Change in GGT in Exercise Studies Only

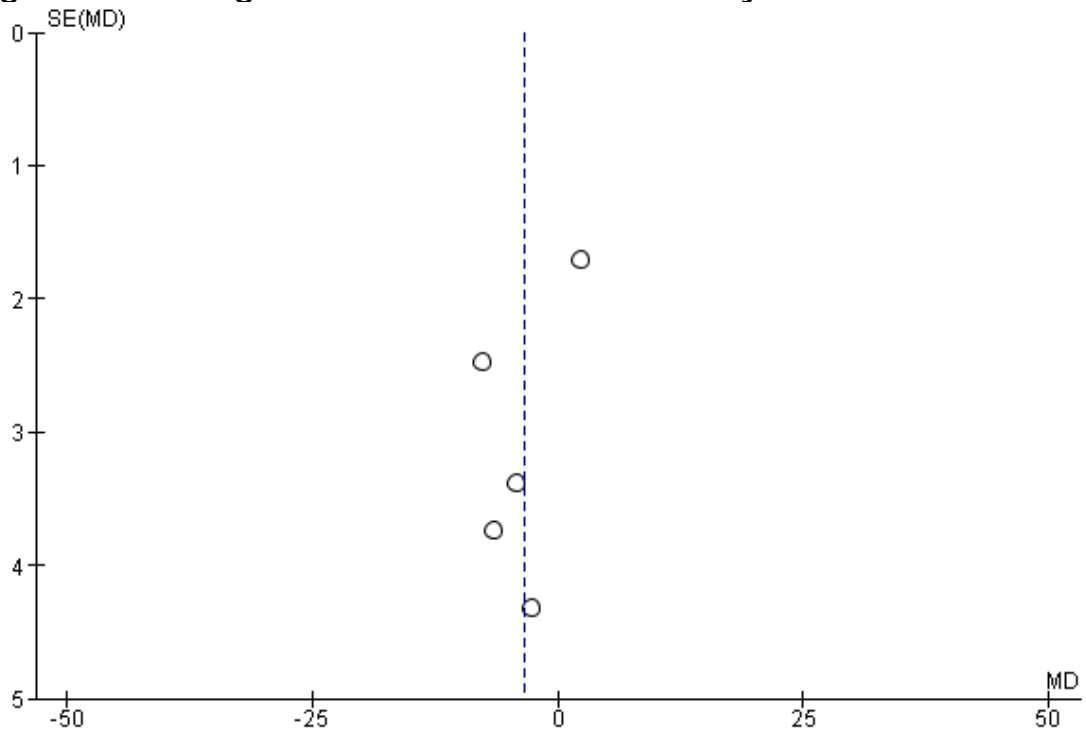


Figure S6 Change in Insulin in Exercise Studies Only

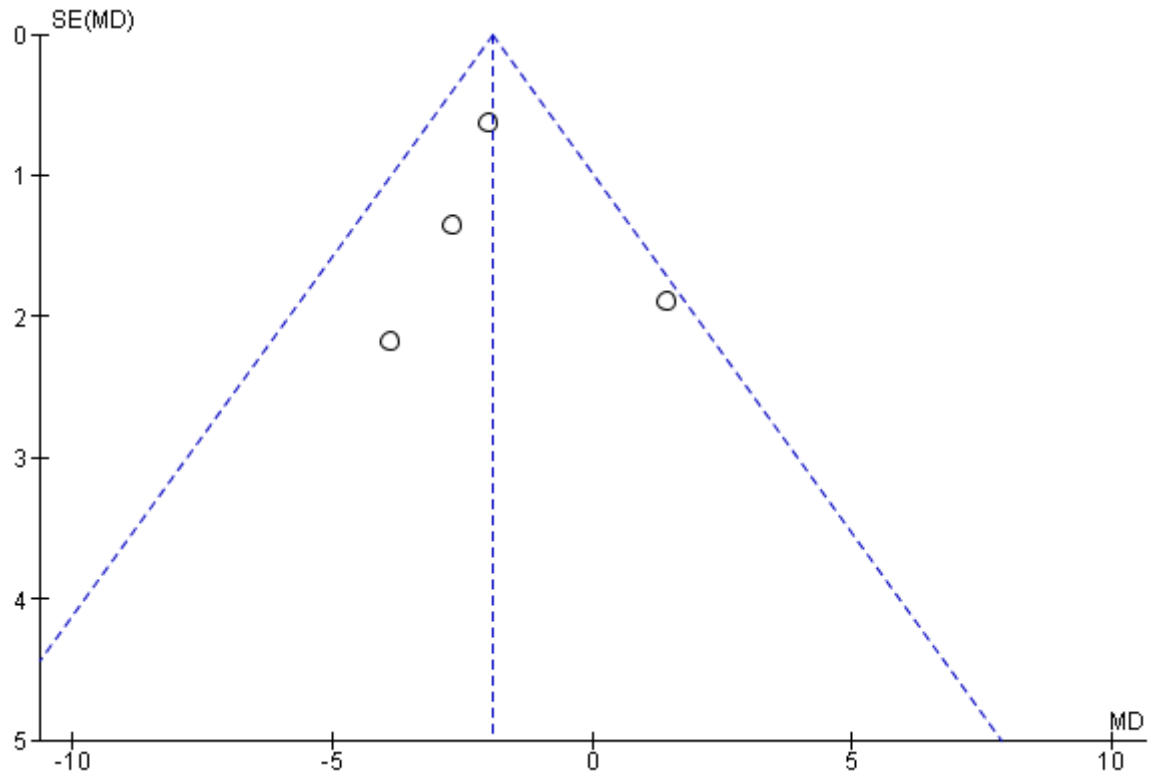
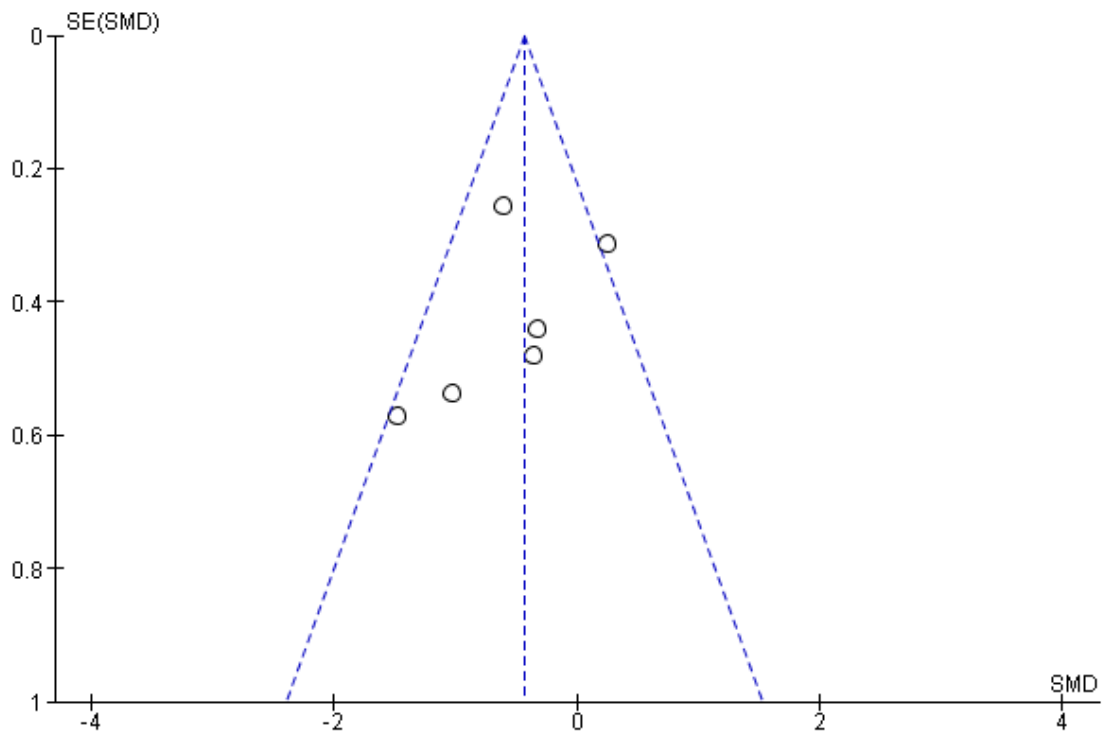


Figure S7. Change in Total Cholesterol in Exercise Studies Only



**Table S1. Excluded Randomized Controlled Trials**

<b>Excluded RCTs</b>	<b>Reason for Exclusion</b>
Barsalani 2013	Unmatched control group
Chen 2008	Non randomized study
De Piano 2012	Participants <18 years
Haus 2010	Unmatched diet groups
Lazo 2010	Lifestyle advice study
Lee 2012	Participants <18 years
Oh 2014	Non randomized study
Pugh 2013	NAFLD vs Healthy Controls
Pugh 2014	NAFLD vs Healthy Controls
Sanchez-Munoz 2013	Exercise vs Metformin Study
St George 2009	Counselling intervention
Tsekouras 2008	Healthy population