

Supplementary Table 1. PICO terms used in search engines.

Population	Intervention	Comparator	Outcome
(Adult*	“Physical Exercise”	Continu*	Glucose
Young Adult*	“Physical Activity”	“Long bout*”	“Glucose intoleran*”
Middle*Age*)	“Physical Training”	“Single bout*”	“Blood glucose”
AND	Training		*Insulin*
Inactiv*	Exercise		“Insulin sensitivity”
Sedentary	“Intermittent		“Insulin resistance”
	Exercise”		*Glyc*mi*
	“Interval Exercise”		
	“Short bout*”		
	“Long bout*”		
	“Exercise snack*”		
	Accumulated		
MeSH Terms			
Population	Intervention	Comparator	Outcome
Adult+	Physical Activity		Glucose
Young Adult	Exercise		Glucose Metabolism
Middle Age			disorders
Lifestyle, Sedentary			Blood glucose
			Insulin
			Insulin Sensitivity
			Insulin Resistance