

Supplementary Table 4. Quality of evidence summary for glycaemic control.

Population: Inactive healthy adults
 Intervention: Continuous aerobic exercise
 Comparison: No exercise
 Outcome measure: HbA1c

Outcome measure	No of participants (studies)	Quality of the evidence (GRADE)
HbA _{1c}	182 (5 RCTs)	⊕⊕⊕○ MODERATE ^a
HbA _{1c} - Moderate intensity	72 (2 RCTs)	⊕⊕⊕○ MODERATE ^a
HbA _{1c} - High intensity	110 (3 RCTs)	⊕⊕○○ LOW ^{a,b}

HbA_{1c} Glycosylated haemoglobin, RCT randomised control trial

GRADE Working Group grades of evidence.

High quality: We are very confident that the true effect lies close to that of the estimate of the effect.

Moderate quality: We are moderately confident in the effect estimate: The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.

Low quality: Our confidence in the effect estimate is limited: The true effect may be substantially different from the estimate of the effect.

Very low quality: We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect.

a. Unclear risk of bias as randomisation or allocation process poorly or not described.

b. Heterogeneity was high across the studies.