## **Exclusion Criteria**

- 1. Not a human study population
- 2. Paediatric population
- 3. Wrong Intervention (didn't include use of a wearable activity monitor)
- 4. Wrong Comparator
- 5. Wrong study deisgn
- 6. No control group
- 7. Ongoing study / no results reported
- 8. Conference abstract
- 9. Review paper