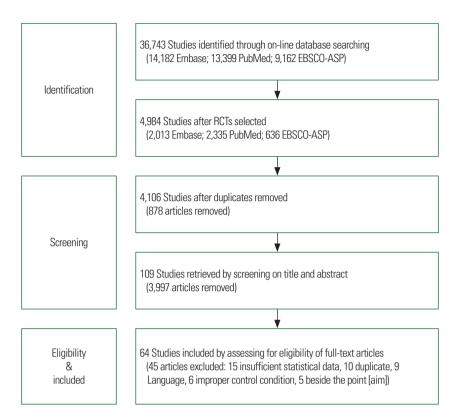Kim KB, et al. Effects of Exercise on Obesity

jomes

Supplementary Table 1. Classification of exercise intensity

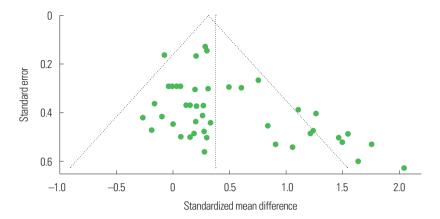| Intensity category	%HRR, %VO$_2$R	%HRmax	%VO$_2$max	%1RM	RPE
Low (light)	<40	<64	<45	<70	≤10
Moderate	40 to <60	64 to <77	45 to <64	70 to <80	11–12
Vigorous (hard)	60 to <85	77 to <94	64 to <91	80 to <90	13–16
High	≥85	≥94	≥91	≥90	>16

HRR, heart rate reserve; VO$_2$R, maximal oxygen consumption reserve; HRmax, maximal heart rate; VO$_2$max, maximal oxygen consumption; %1RM, percent 1 repetition maximum; RPE, rated perceived exertion.

Identification

36,743 Studies identified through on-line database searching
  (14,182 Embase; 13,399 PubMed; 9,162 EBSCO-ASP)

4,984 Studies after RCTs selected
  (2,013 Embase; 2,335 PubMed; 636 EBSCO-ASP)

Screening

4,106 Studies after duplicates removed
  (878 articles removed)

109 Studies retrieved by screening on title and abstract
  (3,997 articles removed)

Eligibility
&
included

64 Studies included by assessing for eligibility of full-text articles
  (45 articles excluded: 15 insufficient statistical data, 10 duplicate, 9
  Language, 6 improper control condition, 5 beside the point [aim])

Supplementary Figure 1. Flowchart for searching studies. The keywords used in the search were "exercise and obesity" and "exercise and obese." Three keywords screened the title and abstracts on the inclusion criteria using the participants, interventions, comparisons, outcomes, timing of outcome measurement, settings, study design (PICOTS-SD). After that time, two other reviewers screened the abstracts and full-text in order to increase the accuracy of the screening and assess for eligibility. Finally, 64 studies were selected for the meta-analysis. ASP, Academic Search Premier; RCT, randomized controlled trial.

Supplementary Figure 2. Funnel plot of %body fat. The Funnel plot of %body fat was somewhat asymmetric, but publication bias in %body fat was not appeared (t = 3.11, df = 45, *P* = 0.003).