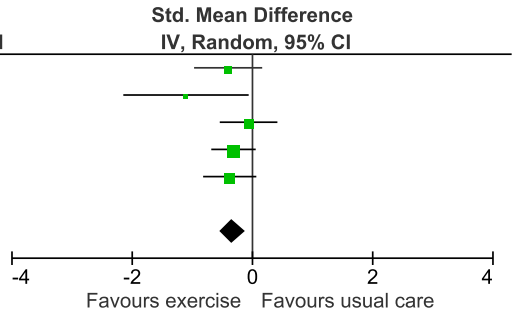
Study or Subgroup	Exercise Intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Baumann 2010	51	23.3	24	61.3	26.6	25	15.0%	-0.40 [-0.97, 0.16]
Hacker 2011	23.6	13.9	8	46.9	24.1	9	4.4%	-1.11 [-2.15, -0.06]
Hacker 2017	41.8	24.9	33	43.5	26.9	34	20.9%	-0.06 [-0.54, 0.41]
Knols 2011	31.6	22.1	57	38.3	20	57	35.2%	-0.32 [-0.69, 0.05]
Wiskemann 2011	49.7	28.9	40	60.8	29.2	40	24.5%	-0.38 [-0.82, 0.06]
Total (95% CI)			**162**			**165**	**100.0%**	**-0.33 [-0.55, -0.11]**

Heterogeneity: Tau² = 0.00; Chi² = 3.42, df = 4 (P = 0.49); I² = 0%

Test for overall effect: Z = 2.92 (P = 0.003)