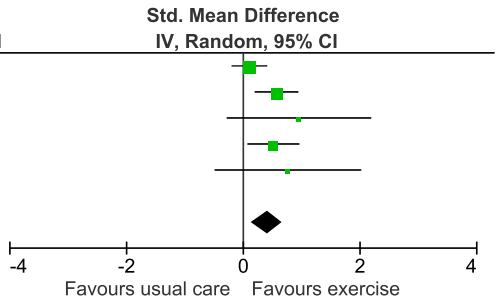
Study or Subgroup	Exercise intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Coleman 2012	1,594.69	497.84	91	1,545.07	443.69	75	37.2%	0.10 [-0.20, 0.41]
Knols 2011	665.5	100.8	57	609	96.5	57	30.0%	0.57 [0.19, 0.94]
Santa Mina 2020	544.1	30.2	5	514.6	27.4	7	4.4%	0.95 [-0.28, 2.19]
Wiskemann 2011	538	80	40	490	103	40	24.1%	0.52 [0.07, 0.96]
Wood 2020	436.6	195.1	4	263.3	215.3	8	4.3%	0.76 [-0.49, 2.02]
Total (95% CI)			**197**			**187**	**100.0%**	**0.41 [0.14, 0.68]**

Heterogeneity: Tau² = 0.03; Chi² = 5.62, df = 4 (P = 0.23); I² = 29%

Test for overall effect: Z = 2.98 (P = 0.003)