

Study or Subgroup	Exercise intervention			Usual care			Weight	Std. Mean Difference		Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	IV, Random, 95% CI	
Hacker 2011	34.8	11	8	29	8.7	9	8.5%	0.56 [-0.42, 1.54]		
Hacker 2017	31.12	10.26	33	27.54	11.07	34	19.7%	0.33 [-0.15, 0.81]		
Knols 2011	36.5	10.9	57	34.4	9.5	57	24.0%	0.20 [-0.16, 0.57]		
Koutoukidis 2020	30.1	10	34	34	9	34	19.8%	-0.41 [-0.89, 0.08]		
Persoon 2017	40.9	12	48	41.3	11.7	45	22.5%	-0.03 [-0.44, 0.37]		
Santa Mina 2020	64.3	7	6	53.8	7.1	7	5.6%	1.38 [0.12, 2.65]		
Total (95% CI)			186			186	100.0%	0.15 [-0.18, 0.48]		

Heterogeneity: Tau² = 0.08; Chi² = 10.67, df = 5 (P = 0.06); I² = 53%
 Test for overall effect: Z = 0.91 (P = 0.36)

