

## Additional file 2

### 1. Search strategies for journals of exercise sciences:

#### MEDLINE/PubMed query for systematic review:

"Br J Sports Med"[Journal] OR "Am J Sports Med"[Journal] OR "Med Sci Sports Exerc"[Journal]  
OR "Eur J Prev Cardiol"[Journal] OR "Sports Med"[Journal] OR "Int J Behav Nutr Phys  
Act"[Journal] OR "J Physiother"[Journal] OR "J Sci Med Sport"[Journal] OR "Scand J Med Sci  
Sports"[Journal]

AND

(meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR  
extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR  
sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab]  
OR language[tiab])

### 2. Search strategies for journals in general medicine:

#### MEDLINE/PubMed query for systematic review:

"Ann Intern Med"[Journal] OR "BMJ"[Journal] OR "JAMA"[Journal] OR "Lancet"[Journal]  
NOT ("Lancet Respir Med"[Journal] OR "Lancet Public Health"[Journal] OR "Lancet  
Psychiatry"[Journal] OR "Lancet Planet Health"[Journal] OR "Lancet Oncol"[Journal] OR "Lancet  
Neurol"[Journal] OR "Lancet Infect Dis"[Journal] OR "Lancet Haematol"[Journal] OR "Lancet  
HIV"[Journal] OR "Lancet Glob Health"[Journal] OR "Lancet Gastroenterol Hepatol"[Journal] OR  
"Lancet Diabetes Endocrinol"[Journal] OR "Lancet Child Adolesc Health"[Journal]) NOT ("Lancet  
Respir Med"[Journal] OR "Lancet Public Health"[Journal] OR "Lancet Psychiatry"[Journal] OR  
"Lancet Planet Health"[Journal] OR "Lancet Oncol"[Journal] OR "Lancet Neurol"[Journal] OR  
"Lancet Infect Dis"[Journal] OR "Lancet Haematol"[Journal] OR "Lancet HIV"[Journal] OR "Lancet  
Glob Health"[Journal] OR "Lancet Gastroenterol Hepatol"[Journal] OR "Lancet Diabetes  
Endocrinol"[Journal] OR "Lancet Child Adolesc Health"[Journal]) OR "N Engl J Med"[Journal]

AND

((meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR

extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR “physical activity”[tiab] OR training[tiab] OR rehabilitation[tiab]))**

### **Separated by journals:**

“Ann Intern Med”[Journal] AND ((meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR “physical activity”[tiab] OR training[tiab] OR rehabilitation[tiab]))**

“BMJ”[Journal] AND ((meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR “physical activity”[tiab] OR training[tiab] OR rehabilitation[tiab]))**

“JAMA”[Journal] AND ((meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR “physical activity”[tiab] OR training[tiab] OR rehabilitation[tiab]))**

“Lancet”[Journal] NOT (“Lancet Respir Med”[Journal] OR "Lancet Public Health"[Journal] OR "Lancet Psychiatry"[Journal] OR "Lancet Planet Health"[Journal] OR "Lancet Oncol"[Journal] OR "Lancet Neurol"[Journal] OR "Lancet Infect Dis"[Journal] OR "Lancet Haematol"[Journal] OR "Lancet HIV"[Journal] OR "Lancet Glob Health"[Journal] OR "Lancet Gastroenterol Hepatol"[Journal] OR "Lancet Diabetes Endocrinol"[Journal] OR "Lancet Child Adolesc Health"[Journal]) NOT ("Lancet Respir Med"[Journal] OR "Lancet Public Health"[Journal] OR "Lancet Psychiatry"[Journal] OR "Lancet Planet Health"[Journal] OR "Lancet Oncol"[Journal] OR

"Lancet Neurol"[Journal] OR "Lancet Infect Dis"[Journal] OR "Lancet Haematol"[Journal] OR "Lancet HIV"[Journal] OR "Lancet Glob Health"[Journal] OR "Lancet Gastroenterol Hepatol"[Journal] OR "Lancet Diabetes Endocrinol"[Journal] OR "Lancet Child Adolesc Health"[Journal]) AND (meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR "physical activity"[tiab] OR training[tiab] OR rehabilitation[tiab]))**

"N Engl J Med"[Journal] AND ((meta[tiab] OR synthesis[tiab] OR literature[tiab] OR published[tiab] OR meta-analysis[tiab] OR extraction[tiab] OR trials[tiab] OR search[tiab] OR MEDLINE[tiab] OR selection[tiab] OR sources[tiab] OR review[tiab] OR review[pt] OR articles[tiab] OR reviewed[tiab] OR english[tiab] OR language[tiab]) **AND (exercise[tiab] OR "physical activity"[tiab] OR training[tiab] OR rehabilitation[tiab]))**