

SUPPLEMENTARY MATERIAL

Supplemental Table S1-4: Detailed Search Strategy

Supplemental Table S1. Medline Search Strategy (MEDLINE(R) ALL 1946 to August 07, 2020 conducted Aug 20, 2020 via Ovid)		
#	Searches	Results
1	exp Menopause/	57109
2	(menopaus* or premenopaus* or pre-menopaus* or perimenopaus* or perimenopaus* or postmenopaus* or post-menopaus*).ti,ab,kf.	101446
3	((middleage? or middle-age? or midlife or mid-life or older or elder* or aged or senior) adj3 (wom#n or female?)).ti,ab,kf.	136289
4	(Middle Aged/ or exp Aged/ or geriatric*.ti,ab,kf.) and (wom#n or female?).ti,ab,kf.	757441
5	or/1-4	861634
6	exp Androgens/	95348
7	exp testosterone congeners/	89046
8	(androgen* or dehydroepiandrosterone* or androstenedione* or testosterone*).ti,ab,kf.	150626
9	(sex adj2 (hormon* or steroid?)).ti,ab,kf.	34288
10	or/6-9	194214
11	exp exercise/ or exp exercise therapy/ or exp sports/ or muscle strength/ or exp physical endurance/ or physical exertion/ or physical fitness/	371736
12	(exercis* or exertion or train* or conditioning or strengthen* or fitness or aerobic* or walk* or gym? or sport* or running or jog? or jogging or pilates or yoga or bicycl* or bike* or biking or swim* or swimming or rollerblad* or weight lift* or (physical* adj1 activ*) or (strength adj2 train?)).ti,ab,kf.	1336600
13	or/11-12	1431179
14	5 and 10 and 13	924
15	limit 14 to (no language specified or (english or french or multilingual or undetermined))	886

<p>Supplemental Table S2. Cochrane Central Register of Controlled Trials and Cochrane Database of Systematic Reviews Search Histories (EBM Reviews - Cochrane Central Register of Controlled Trials July 2020, EBM Reviews - Cochrane Database of Systematic Reviews 2005 to August 07, 2020; both conducted Aug 10, 2020 via Ovid)</p>
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#	Searches	Results
1	exp Menopause/	6906
2	(menopaus* or premenopaus* or pre-menopaus* or perimenopaus* or peri-menopaus* or postmenopaus* or post-menopaus*).ti,ab.	28546
3	((middleage? or middle-age? or midlife or mid-life or older or elder* or aged or senior) adj3 (wom#n or female?)).ti,ab.	26910
4	(Middle Aged/ or exp Aged/ or geriatric*.ti,ab.) and (wom#n or female?).ti,ab.	48049
5	or/1-4	85607
6	exp Androgens/	3835
7	exp testosterone congeners/	3746
8	(androgen* or dehydroepiandrosterone* or androstenedione* or testosterone*).ti,ab.	12285
9	(sex adj2 (hormon* or steroid*)).ti,ab.	2569
10	or/6-9	14268
11	exp exercise/ or exp exercise therapy/ or exp sports/ or muscle strength/ or exp physical endurance/ or physical exertion/ or physical fitness/	39462
12	(exercis* or exertion or train* or conditioning or strengthen* or fitness or aerobic* or walk* or gym? or sport* or running or jog? or jogging or pilates or yoga or bicycl* or bike* or biking or swim* or swimming or rollerblad* or weight lift* or (physical* adj1 activ*) or (strength adj2 train*)).ti,ab.	208267
13	or/11-12	212058
14	5 and 10 and 13	241
15	remove duplicates from 14	238

Supplemental Table S3. Embase Search History

(Embase Classic+Embase 1947 to 2020 August 07 conducted Aug 10, 2020 via Ovid)

#	Searches	Results
1	exp "menopause and climacterium"/	127934
2	(menopaus* or premenopaus* or pre-menopaus* or perimenopaus* or peri-menopaus* or postmenopaus* or post-menopaus*).ti,ab,kw.	152797
3	((middleage? or middle-age? or midlife or mid-life or older or elder* or aged or senior) adj3 (wom#n or female?)).ti,ab,kw.	194025
4	(middle aged/ or exp aged/ or geriatric*.ti,ab,kw.) and (wom#n or female?).ti,ab,kw.	738122
5	or/1-4	964179
6	exp androgen/	213450
7	(androgen* or dehydroepiandrosterone* or androstenedione* or testosterone*).ti,ab,kw.	203872
8	(sex adj2 (hormon* or steroid*)).ti,ab,kw.	44625
9	or/6-8	298534
10	exp exercise/ or exp kinesiotherapy/ or exp sport/ or muscle strength/ or endurance/ or fitness/	604389

11	(exercis* or exertion or train* or conditioning or strengthen* or fitness or aerobic* or walk* or gym? or sport* or running or jog? or jogging or pilates or yoga or bicycl* or bike* or biking or swim* or swimming or rollerblad* or weight lift* or (physical* adj1 activ*) or (strength adj2 train*)).ti,ab,kw.	1816995
12	or/10-11	1982391
13	5 and 9 and 12	1658
14	limit 13 to (english or french)	1574

Supplemental Table S4. CINAHL Search History
(Conducted Aug 10, 2020 from inception via EBSCOhost)

#	Query	Limiters/Expanders	Last Run Via	Results
S17	S4 AND S8 AND S15	Expanders - Apply related words; Apply equivalent subjects Narrow by Language: - english Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	249
S16	S4 AND S8 AND S15	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	254
S15	S9 OR S10 OR S11 OR S12 OR S13 OR S14	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	576,438
S14	TI ((exercis* OR exertion OR train* OR conditioning OR strengthen* OR fitness OR aerobic* OR walk* OR gym# OR sport* OR running OR jog# OR jogging OR pilates OR yoga OR bicycl* OR bike* OR biking OR swim* OR swimming OR rollerblad* OR weight lift* OR	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	492,283

	(physical* N1 activ*) OR (strength N2 train*)) OR AB ((exercis* OR exertion OR train* OR conditioning OR strengthen* OR fitness OR aerobic* OR walk* OR gym# OR sport* OR running OR jog# OR jogging OR pilates OR yoga OR bicycl* OR bike* OR biking OR swim* OR swimming OR rollerblad* OR weight lift* OR (physical* N1 activ*) OR (strength N2 train*))			
S13	(MH "Physical Fitness+")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	18,341
S12	(MH "Muscle Strength+") OR (MH "Exertion+")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	113,083
S11	(MH "Sports+")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	80,389
S10	(MH "Therapeutic Exercise+")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	54,482
S9	(MH "Exercise+")	Expanders - Apply related words; Apply equivalent subjects	Interface - EBSCOhost Research Databases Search Screen - Advanced	113,106

		Search modes - Boolean/Phrase	Search Database - CINAHL	
S8	S5 OR S6 OR S7	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	19,764
S7	TI ((sex N2 (hormon* or steroid*))) OR AB ((sex N2 (hormon* or steroid*))))	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	3,690
S6	TI ((androgen* OR dehydroepiandrosterone* OR androstenedione* OR testosterone*)) OR AB ((androgen* OR dehydroepiandrosterone* OR androstenedione* OR testosterone*)))	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	14,249
S5	(MH "Androgens+")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	9,766
S4	S1 OR S2 OR S3	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	83,984
S3	TI (((middleage# OR middle-age# OR midlife OR mid-life OR older OR elder* OR aged OR senior) N3 (wom?n OR female#))) OR AB (((middleage# OR middle-age# OR midlife OR mid-life OR older OR elder* OR aged OR senior) N3 (wom?n OR female#))))	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	52,907

S2	TI ((menopaus* OR premenopaus* OR premenopaus* OR perimenopaus* OR perimenopaus* OR postmenopaus* OR postmenopaus*)) OR AB ((menopaus* OR premenopaus* OR premenopaus* OR perimenopaus* OR perimenopaus* OR postmenopaus* OR postmenopaus*))	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	30,231
S1	(MH "Menopause+") OR (MH "Premenopause")	Expanders - Apply related words; Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	22,382

Supplemental Figure S1: A flow diagram of articles identified in the search

