**Table S4.** Excluded full-text articles with reasons.

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| **Study** | **Reason** |
| [Larose, 2009](#_ENREF_31)[Jennings et al., 2009](#_ENREF_25) | No related outcome measures |
| [Legaard et al., 2022](#_ENREF_33)[Bogardus et al., 1984](#_ENREF_7) | Combined diet and exercise intervention |
| [Adamo et al., 2005](#_ENREF_1) [J Larose, Sigal, Khandwala, & Kenny, 2012](#_ENREF_32)[Newton Jr et al., 2020](#_ENREF_42)[Sertbas et al., 2021](#_ENREF_53)[Tokmakidis, Zois, Volaklis, Kotsa, & Touvra, 2004](#_ENREF_59) | No control group |
| Bello et al. 2014;[Schreuder, Van Den Munckhof, Poelkens, Hopman, & Thijssen, 2015](#_ENREF_51) | Diabetics and non-diabetic patients were enrolled |
| [Boudou, De Kerviler, Erlich, Vexiau, & Gautier, 2001](#_ENREF_8)[Kadoglou et al., 2013](#_ENREF_24)[Wallace, Mills, & Browning, 1997](#_ENREF_62) | The control group performed exercise |