**Table S5:** The subsequent reports of original studies.

|  |  |  |
| --- | --- | --- |
| Original Studies | Reports of original studies | Reason for inclusion (reported parameters) |
| [Sigal et al., 2007](#_ENREF_78) | [Reid et al. 2010](#_ENREF_73) | Quality of life |
| [Church et al., 2010](#_ENREF_25) | [Swift et al. 2012](#_ENREF_80) | HbA1c and CRP |
| [Maiorana et al,. 2001](#_ENREF_60) | Maiorana et al. 2002 | BMI, VO2max and RHR |
| [Jorge et al., 2011](#_ENREF_43) | Oliveira et al. 2012 | Blood pressure and VO2max |
| Magalhães et al., 2019 | Magalhães et al. 2020 | CRP and TNF-α |