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

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| --- | --- |
| **Study** | **Reason** |
| Jennings et al. (2009) | 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, Newton Jr et al., 2020, Sertbas et al., 2021, Larose et al., 2012, Tokmakidis et al., 2004) | 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 an exercise |