**Table 7. Participant characteristics of studies including only obese adults**

| **Author, year** | **Baseline N** | **Follow-up period, months** | **% Women** | **Age, years** | **Race** | **Education** | **Smokers** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Hemmingsson, 20091 | 124 | Maximum: 18 | 100 | Mean 47.8 in bicycling and walking group  Mean 48.6 in the walking group | NR | NR | NR |

N = Sample Size

**References**

1. Hemmingsson E, Uddén J, Neovius M, Ekelund U, Rössner S. Increased physical activity in abdominally obese women through support for changed commuting habits: a randomized clinical