| **Study** | **FU (mo)** | **IG N** | **CG N** | **BL Mean IG** | **BL SD IG** | **BL Mean CG** | **BL SD CG** | **FU Mean IG** | **FU SD IG** | **FU Mean CG** | **FU SD CG** | **Change Mean IG** | **Change SD IG** | **Change Mean CG** | **Change SD CG** | **Mean Difference of Change Between Groups** | **SE Difference of Change** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ADAPT, 2006138 | 12 | 123 | 118 | 86.50 | 12.73 | 84.40 | 6.10 |  |  |  |  | -3.52 | 2.72 | -0.96 | 1.88 |  |  |
| ADAPT, 2006138 | 36 | 123 | 118 | 86.50 | 12.73 | 84.40 | 6.10 | 85.00 | 12.73 | 83.70 | 11.92 |  |  |  |  |  |  |
| Ammerman, 200374 | 6 | 154 | 189 | 79.50 | 29.39 | 80.00 | 30.16 |  |  |  |  | -1.41 | 6.37 | -0.45 | 4.17 | -0.95 | 0.46 |
| Ammerman, 200374 | 12 | 189 | 196 | 79.50 | 29.39 | 80.00 | 30.16 |  |  |  |  | -0.73 | 4.91 | 0.00 |  | 0.73 | 0.487 |
| Anderson, 199270 | 12 | 95 | 51 | 71.55 | 10.86 | 71.44 | 9.91 |  |  |  |  |  |  |  |  |  |  |
| APHRODITE, 201188 | 6 | 350 | 318 | 29.00 | 4.40 | 28.50 | 4.10 |  |  |  |  | -0.30 | 1.10 | -0.20 | 1.00 |  |  |
| APHRODITE, 201188 | 18 | 330 | 305 | 29.00 | 4.40 | 28.50 | 4.10 |  |  |  |  | -0.20 | 1.70 | -0.10 | 1.60 |  |  |
| Applegate, 1992127 | 6 | 21 | 26 | 88.70 |  | 79.70 |  | 86.60 |  | 79.40 |  | -2.10 |  | 0.30 |  |  |  |
| Beckman, 1995111 | 6 | 32 | 32 | 87.20 | 12.45 | 83.60 | 13.01 | 84.80 | 11.31 | 84.40 | 14.14 |  |  |  |  |  |  |
| Beckman, 1995111 | 12 | 32 | 32 | 87.20 | 12.45 | 83.60 | 13.01 | 84.50 | 11.88 | 83.90 | 13.58 | -2.70 | 2.83 |  |  |  |  |
| Bloemberg, 199175 | 6 | 39 | 41 | 80.80 | 9.90 | 83.30 | 8.60 |  |  |  |  | -0.94 | 2.68 | 0.06 | 1.86 |  |  |
| Bo, 2007146 | 12 | 169 | 166 | 29.70 | 4.10 | 29.80 | 4.60 | 29.40 | 4.40 | 30.40 | 4.80 | -0.29 | 1.79 | 0.61 | 1.97 |  |  |
| CA WISEWOMAN, 2010108 | 12 | 433 | 436 | 31.60 |  | 32.00 |  | 31.40 |  | 32.00 |  | -0.20 |  | 0.00 |  |  |  |
| DEER, 199871 | 12 | 95 | 91 |  |  |  |  |  |  |  |  | -2.80 | 3.50 | 0.60 | 3.50 |  |  |
| Delahanty, 200172 | 6 | 44 | 44 | 79.60 | 15.40 | 83.20 | 15.00 | 77.70 | 15.40 | 83.20 | 15.00 |  |  |  |  |  |  |
| Delahanty, 200172 | 12 | 43 | 44 | 79.60 | 15.40 | 83.20 | 15.00 | 78.20 | 15.40 | 83.20 | 15.00 |  |  |  |  |  |  |
| DPP, 200289 | 24 |  |  | 94.10 | 20.80 | 94.30 | 20.20 |  |  |  |  | -5.40 |  | -0.20 |  |  |  |
| DPP, 200289 | 36 |  |  | 94.10 | 20.80 | 94.30 | 20.20 |  |  |  |  | -4.00 |  | 0.30 |  |  |  |
| Edelman, 2006129 | 10 | 77 | 77 | 33.30 | 7.80 | 34.10 | 7.70 | 32.10 |  | 33.50 |  |  |  |  |  |  |  |
| EDIPS, 200190 | 6 | 35 | 32 | 83.30 | 16.10 | 85.50 | 14.20 | 81.90 | 16.60 | 86.10 | 13.80 | -1.50 | 2.60 | 0.54 | 2.20 | -2.00 | 0.61 |
| EDIPS, 200190 | 24 | 30 | 24 | 83.30 | 16.10 | 85.50 | 14.20 |  |  |  |  | -1.80 | 5.90 | 1.50 | 2.60 |  |  |
| EDIPS-Newcastle, 200991 | 12 | 39 | 43 | 93.40 | 16.00 | 90.60 | 12.50 |  |  |  |  | -2.30 |  | 0.01 |  | -2.50 | 1.25 |
| Enhanced Fitness Trial, 201298 | 12 | 180 | 122 | 31.35 | 3.75 | 30.97 | 3.45 | 30.74 | 3.88 | 30.64 | 3.62 |  |  |  |  |  |  |
| EUROACTION, 2008 | 12 | 1019 | 332 |  |  |  |  |  |  |  |  | -0.47 |  | 0.13 |  | -0.56 | 0.16 |
| FDPS, 2001118 | 24 | 256 | 250 | 86.70 | 14.00 | 85.50 | 14.40 |  |  |  |  | -3.50 | 5.50 | -0.80 | 4.40 |  |  |
| FDPS, 2001118 | 36 | 231 | 203 | 86.70 | 14.00 | 85.50 | 14.40 |  |  |  |  | -3.50 | 5.10 | -0.90 | 5.40 |  |  |
| GOAL, 2009139 | 12 | 169 | 172 | 88.30 | 12.10 | 87.60 | 13.70 |  |  |  |  | -1.90 |  | -0.90 |  |  |  |
| GOAL, 2009139 | 36 | 148 | 165 | 88.30 | 12.10 | 87.60 | 13.70 |  |  |  |  | -1.40 | 5.40 | -1.00 | 5.20 |  |  |
| Green Prescription Program, 2003123 | 12 | 451 | 427 | 30.00 | 6.70 | 29.90 | 6.40 |  |  |  |  | -0.11 | 1.46 | -0.05 | 1.32 | -0.06 | 0.09 |
| Hardcastle, 2008167 | 6 | 203 | 131 | 33.67 | 5.41 | 34.28 | 6.98 |  |  |  |  | -0.21 | 1.42 | 0.15 | 1.14 |  |  |
| Hardcastle, 2008167 | 18 | 203 | 131 | 33.66 | 5.12 | 33.37 | 4.47 | 33.68 | 4.77 | 34.04 | 4.88 |  |  |  |  |  |  |
| HIP, 2009136 | 6 | 132 | 132 | 202.50 | 37.50 | 202.10 | 39.60 |  |  |  |  | -7.00 | 10.70 | -0.30 | 6.30 |  |  |
| HIP, 2009136 | 18 | 128 | 122 | 202.50 | 37.50 | 202.10 | 39.60 |  |  |  |  | -3.80 | 9.80 | -2.10 | 12.00 |  |  |
| HLC, 201192 | 6 | 179 | 70 | 29.66 | 5.33 | 29.79 | 4.94 | 28.72 | 5.00 | 29.50 | 5.24 |  |  |  |  |  |  |
| Hyman, 199876 | 6 | 65 | 58 | 86.64 | 19.53 | 87.37 | 20.25 | 85.60 |  | 86.55 |  | -1.09 |  | -0.77 |  | -0.32 |  |
| Hyman, 2007135 | 6 | 188 | 93 | 31.85 | 7.63 | 33.40 | 8.20 | 31.80 | 7.46 | 33.30 | 8.10 |  |  |  |  |  |  |
| Hyman, 2007135 | 18 | 188 | 93 | 31.85 | 7.63 | 33.40 | 8.20 | 32.05 | 8.17 | 32.80 | 8.00 |  |  |  |  |  |  |
| Johnston, 199577 | 6 | 84 | 47 | 24.63 |  | 25.10 |  |  |  |  |  |  |  |  |  |  |  |
| Kallings, 2009141 | 6 | 41 | 50 | 29.70 | 3.40 | 30.40 | 2.90 |  |  |  |  | -0.60 | 0.98 | -0.20 | 0.72 |  |  |
| Kosaka, 200593 | 24 | 102 | 356 |  |  |  |  |  |  |  |  | -2.20 | 8.24 | -0.45 | 12.51 |  |  |
| Kosaka, 200593 | 48 | 102 | 356 |  |  |  |  |  |  |  |  | -2.18 | 1.63 | -0.39 | 1.42 |  |  |
| LIFE, 2010130 | 11 | 60 | 66 | 26.50 | 3.95 | 26.80 | 3.66 |  |  |  |  | -0.20 |  | 0.00 |  |  |  |
| LIHEF, 2002137 | 24 | 360 | 355 | 81.10 | 15.70 | 80.00 | 14.80 |  |  |  |  | -1.50 |  | -0.30 |  | -1.20 | 0.26 |
| LLDP, 201294 | 12 | 147 | 142 | 33.57 | 5.10 | 34.18 | 5.90 |  |  |  |  | -0.40 | 1.58 | 0.11 | 1.82 |  |  |
| Moreau, 2001104 | 6 | 15 | 9 | 81.10 | 22.85 | 79.10 | 22.20 | 79.80 | 22.46 | 79.70 | 22.50 |  |  |  |  |  |  |
| Moy, 200173 | 24 | 117 | 118 | 28.50 | 5.00 | 29.50 | 7.00 |  |  |  |  | -0.10 | 1.00 | 0.21 | 2.00 |  |  |
| NC WISEWOMAN, 2008110 | 6 | 108 | 110 | 181.00 | 49.88 | 180.00 | 49.29 | 179.00 | 9.35 | 179.00 | 8.39 |  |  |  |  | -0.70 | 1.2 |
| NC WISEWOMAN, 2008110 | 12 | 106 | 106 | 181.00 | 49.88 | 180.00 | 49.29 | 180.00 | 9.27 | 180.00 | 8.24 |  |  |  |  | 0.40 | 1.2 |
| Neil, 199578 | 6 | 207 | 102 | 26.47 | 3.99 | 26.32 | 4.32 | 26.32 | 4.10 | 26.08 | 4.29 |  |  |  |  |  |  |
| NFPMP, 200279 | 6 | 70 | 67 | 28.10 | 4.30 | 29.20 | 4.80 |  |  |  |  | -0.50 | 0.60 | -0.20 | 0.70 |  |  |
| NFPMP, 200279 | 12 | 67 | 63 | 28.10 | 4.30 | 29.20 | 4.80 |  |  |  |  | 0.00 | 1.10 | -0.20 | 1.00 |  |  |
| Nilsson, 1992119 | 12 | 30 | 29 | 87.00 | 11.01 | 84.40 | 12.80 | 84.80 | 11.20 | 84.30 | 13.20 |  |  |  |  |  |  |
| ODES, 199580 | 12 | 52 | 43 | 93.40 | 12.98 | 89.30 | 13.77 |  |  |  |  | -4.00 | 5.05 | 1.10 | 2.62 |  |  |
| PAC, 2001122 | 6.25 | 20 | 15 | 28.80 | 6.60 | 30.60 | 7.30 | 28.50 | 7.00 | 30.80 | 6.90 |  |  |  |  |  |  |
| PHPP, 2007121 | 12 | 46 | 41 | 23.60 | 3.20 | 24.00 | 2.50 | 23.10 | 3.20 | 23.90 | 2.40 |  |  |  |  |  |  |
| PREDIAS, 200995 | 12 | 91 | 91 | 31.00 | 4.70 | 32.00 | 5.70 | 29.70 | 4.70 | 31.50 | 5.80 | -1.30 | 1.70 | -0.50 | 1.40 |  |  |
| PREMIER, 2003116 | 6 | 97 | 97 | 98.10 | 18.40 | 94.70 | 16.00 |  |  |  |  | -5.90 | 5.90 | -1.30 | 3.40 |  |  |
| PREPARE, 200999 | 6 | 29 | 29 | 79.40 | 16.40 | 81.10 | 15.00 |  |  |  |  | -0.61 | 3.37 | -0.45 | 2.28 | -0.15 | 0.76 |
| PREPARE, 200999 | 24 | 22 | 29 | 79.40 | 16.40 | 81.10 | 15.00 | 82.00 | 15.40 | 80.00 | 15.90 |  |  |  |  | 1.50 | 1.43 |
| RIS, 1998112 | 12 | 239 | 238 | 83.40 | 14.10 | 82.10 | 11.90 |  |  |  |  | -1.90 | 3.60 | -0.60 | 3.10 | -1.30 | 0.33 |
| RIS, 1998112 | 79.2 | 248 | 252 | 83.40 | 14.10 | 82.10 | 11.90 |  |  |  |  | -2.20 | 4.42 | -0.60 | 3.64 | -1.50 | 0.36 |
| Rodriguez-Cristobal, 2012172 | 24 | 146 | 154 | 30.30 | 5.80 | 30.50 | 5.10 | 29.60 | 4.80 | 31.80 | 4.90 |  |  |  |  | -1.70 | 0.28 |
| SLIM, 2011149 | 24 | 56 | 58 | 29.89 | 4.16 | 29.65 | 3.42 | 29.16 | 3.84 | 29.19 | 3.14 |  |  |  |  |  |  |
| SLIM, 2011149 | 49.2 | 57 | 58 | 29.89 | 4.16 | 29.65 | 3.42 | 29.19 | 3.90 | 29.37 | 3.32 |  |  |  |  |  |  |
| Wister, 2007140 | 12 | 157 | 158 | 31.80 | 6.90 | 33.20 | 7.60 |  |  |  |  | -0.47 | 1.95 | -0.33 | 1.80 |  |  |
| SPRING, 2012100 | 12 | 89 | 90 | 28.00 | 3.30 | 29.00 | 4.00 |  |  |  |  | -0.10 | 1.32 | -0.10 | 1.67 | 0.04 | 0.23 |
| MDPS, 201285 | 12 | 38 | 41 | 31.40 | 4.82 | 30.10 | 4.19 |  |  |  |  | -0.98 | 1.60 | -0.21 | 0.77 | -0.77 | 0.29 |
| Live Well, Be Well, 201286 | 6 | 113 | 117 | 177.90 | 39.33 | 176.50 | 40.02 |  |  |  |  | -2.30 | 7.44 | -0.40 | 6.49 |  |  |
| Live Well, Be Well, 201286 | 12 | 113 | 117 | 177.90 | 39.33 | 176.50 | 40.02 |  |  |  |  | -1.30 | 7.44 | -0.40 | 8.65 |  |  |
| Cochrane, 2012102 | 12 | 236 | 365 | 28.70 | 5.00 | 27.50 | 4.10 |  |  |  |  | -0.22 | 1.96 | -0.02 | 1.46 |  |  |
| HIPS, 2012103 | 12 | 355 | 300 |  |  |  |  |  |  |  |  | -0.07 | 5.77 | 0.05 | 6.30 |  |  |
| E-LITE, 201387 | 6 | 81 | 81 | 31.70 | 4.70 | 32.40 | 6.30 |  |  |  |  | -1.50 | 2.70 | -0.30 | 2.70 |  |  |
| E-LITE, 201387 | 15 | 81 | 81 | 31.70 | 4.70 | 32.40 | 6.30 |  |  |  |  | -1.60 | 2.70 | -0.90 | 2.70 |  |  |
| PRO-FIT, 201268 | 12 | 167 | 147 | 25.90 | 4.50 | 27.10 | 5.40 | 25.80 | 4.40 | 27.10 | 5.20 |  |  |  |  |  |  |

**Abbreviations:** BL = baseline; CG = CG; FU = followup; IG = intervention group; mo = months; SD = standard deviation; SE = standard error.