| **Study, Year**  **Quality** | **N**  **Population**  **Intervention Focus & Intensity** | **Physical Activity Behavioral Outcomes** |
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| CouPLES, 201367 Fair | 255  Cholesterol  HD+PA, Medium | BL 6 mo 11 mo  **Frequency of moderate PA/wk**  IG 8.3 10.5 10.1  CG 8.3 8.9 8.4  p=0.06; incidence rate ratio: 1.2 (95% CI, 1.0 to 1.5)  **Duration of moderate intensity PA/week (hr)**  IG 6.9 7.5 7.3  CG 6.9 6.7 6.6  p=0.37; incidence rate ratio: 1.1 (95% CI, 0.9 to 1.4) |
| PRO-FIT, 201268  Fair | 340  Cholesterol  HD+PA, Medium | **MVPA (min/wk)**, **mean (SD)**  BL 12 mo  IG 422.0 (3.1) 501.0 (3.3)  CG 363.1 (3.5) 428.0 (3.7)  Difference between groups at 12 mo: NS (β, 1.11 [95% CI, -0.12 to 0.33]) |
| RHPP Trial, 199369  Fair | 1,197  Cholesterol  HD+PA, Medium | **PA, min/wk, mean (SD)**  BL 6 mo  IG 413.16 (300.72) 451.48 (367.13)  CG 497.91 (432.85) 440.95 (357.81)  p=NS |
| Anderson, 199270  Fair | 177  Cholesterol  HD, High | **Exercise, total energy (kJ\*kg/lb\*d), mean (SD), mean change from BL (SD)**  BL 12 mo  IG1 155.5 (22.5) -5.73 (19.0)  IG2 155.0 (27.2) -0.08 (16.9)  CG 148.4 (11.5) 13.7 (28.2)  p=NR |
| Delahanty, 200172  Good | 90  Cholesterol  HD, High | **Activity (min/wk), mean (SD)**  BL 6 mo 12 mo  IG 119 (126) 144 (130) 148 (102)  CG 92 (97) 108 (109) 135 (185)  p=NS |
| NFPMP, 200279 | 143  Cholesterol  HD, Medium | BL only **No exercise, %**IG 20 CG 13 **Exercise <3 times/wk, %**IG 37 CG 30 **Exercise 3 times/wk, %**IG 18 CG 26 **Exercise >3 times/wk, %**IG 25 CG 31 Note: No significant changes in physical activity (p>0.85) |
| ADAPT, 2006138 Fair | 241  HTN  HD+PA Medium | **At least moderate-intensity exercise (hr/wk), mean (95% CI) at BL & 36 mo, mean change (95% CI) at 12 mo followup (min/wk)**  BL 12 mo 36 mo  IG 2.7 (2.3 to 3.1) 41 (19 to 63) 3.8 (3.3 to 4.3)  CG 2.7 (2.5 to 3.1) 0 (-2 to 41) 3.1 (2.7 to 3.6)  p† 0.185 0.007 |
| Arroll, 1995128 Fair | 208  HTN  HD+PA, Medium | BL 6 mo  **Moderate exercise, kJ/kg/d (SE)**  IG1 15.7 (3.9) 43.5 (7.0)  IG2 15.1 (4.0) 53.4 (7.1)  IG3 10.6 (4.0) 38.0 (7.1)  CG 13.5 (4.0) 21.0 (7.2)  **Total exercise, kJ/d (SE)**  IG1 145.2 (2.7) 161.4 (4.6)  IG2 145.2 (2.8) 169.2 (4.7)  IG3 143.0 (2.8) 157.9 (4.7)  CG 145.5 (2.8) 152.5 (4.7)  p=NR; text states only significant for IG1 and IG2 |
| HIP, 2009136  Fair | 574  HTN  HD+PA, High (Pt, MD&Pt); Medium (MD only) | **Moderate to vigorous activity, min/wk**  BL ∆ @ 6 mo (SD) ∆ at 18mo (SD)  IG1 37.9 (89.1) 6.2 (103.2) -21.5 (138.8)  IG2 28.8 (106.7) 28.4 (134.9) -0.7 (112.3)  CG1 43.9 (122.5) -15.7 (122.0) -13.0 (145.7)  CG2 36.4 (127.1) 18.5 (287.8) 5.0 (95.1)  MDI main effect at 6 mo, p=0.15; at 18 mo, p= 0.07  PTI main effect at 6 mo, p=0.07; at 18 mo, p=0.10 |
| Hyman, 2007135 Fair | 281  HTN  HD+PA, Medium | **Pedometer steps per day**  BL 6 mo 18mo  IG1 3624.4(2917.5) 4149.4(3446.8) 3751.4 (2697.0)  IG2 3306.0(2785.3) 3715.0(4025.6) 3744.9 (5515.7)  CG 3933.0(3363.6) 3852.0(3675.6) 3648.5 (4285.0)  p\* 0.41 0.78 0.99 |
| LIHEF, 2002137  Fair | 715  HTN  HD+PA, High | **Moderate PA ≥3 time/wk for 30 min (self-reported), %**  BL 12 mo 24 mo p\*  IG 51 34.7 34.1 NR  CG 51 24.0 22.8  Difference at 12 mo: 10.7 (95% CI, 1.2 to 20.3)  Difference at 24 mo: 11.3 (95% CI, 1.8 to 20.8)  \*NR, but text states that the change at 12 & 24 mo was significant between groups |
| Migneault, 2012126 Fair | 337  HTN  HD+PA, High | BL Change @ 8 mo  **Moderate or greater PA (min/wk), mean (SD)**  IG 162.4 (169.0) -3.44  CG 126.3 (144.3) 2.77  p=NS (NR)  **>150 min/wk of moderate or greater PA (%)**  IG 38.5 -2  CG 26.2 5  p=NS (p NR)  12-mo outcomes in figure only, text states no statistically significant effects at 12 mo  **Total energy expenditure, kcal/d**  IG 3234.7 (860.7) 43.8  CG 3188.5 (820.3) -36.2  p<0.05 |
| PREMIER, 2003116 Good | 304  HTN  HD+PA, High | **Fitness (HR at stage 2 or last available at stage 1), mean (SD), at 6 mo**  BL Change  IG1 128.4 (12.7) -6.8 (10.3)  IG2 128.5 (14.1) -7.4 (10.3)  CG 130.5 (13.6) -6.1 (9.4)  p=NR |
| Rodriguez, 2012113  Fair (poor for diet) | 533  HTN  HD+PA, Medium | **7-day PA recall (continuous score), mean (SD), hr/wk**  BL 6 mo 12 mo  IG 5.26 (7.55) 4.58 (4.43) 4.25 (5.91)  CG1 4.45 (6.22) 4.84 (7.00) 4.38 (6.40)  CG2 4.95 (6.39) 4.32 (3.98) 5.47 (7.50)  p=NR, text states no significant difference between 3 groups |
| Vitalum105 Fair | 1,629  HTN  HD+PA, Medium (IG 2&3); Low (IG1) | **PA, hr/wk, mean (SD)**  BL 25 wk 47 wk 73 wk  IG1 4.86 (3.98) 6.92(5.40) 6.85(5.22) 5.73(4.70)  IG2 4.84 (3.96) 6.75 (5.17) 5.67 (4.43) 5.58 (4.49)  IG3 4.31 (3.73) 6.69 (5.19) 6.13 (4.40) 5.91 (4.55)  CG 5.61 (3.63) 5.92 (4.70) 5.32 (4.53) 5.37 (4.53)  p (see text) |
| Arroll, 1995128 Fair | 208  HTN  HD+PA, Medium | BL 6 mo  **Moderate exercise, kJ/kg/d (SE)**  IG1 15.7 (3.9) 43.5 (7.0)  IG2 15.1 (4.0) 53.4 (7.1)  IG3 10.6 (4.0) 38.0 (7.1)  CG 13.5 (4.0) 21.0 (7.2)  **Total exercise, kJ/d (SE)**  IG1 145.2 (2.7) 161.4 (4.6)  IG2 145.2 (2.8) 169.2 (4.7)  IG3 143.0 (2.8) 157.9 (4.7)  CG 145.5 (2.8) 152.5 (4.7)  p=NR, text states only significant for IG1 and IG2 |
| Arroll, 1995128  Fair | 208  HTN  PA, Medium | BL 6 mo  **Moderate exercise, kJ/kg/d (SE)**  IG1 15.7 (3.9) 43.5 (7.0)  IG2 15.1 (4.0) 53.4 (7.1)  IG3 10.6 (4.0) 38.0 (7.1)  CG 13.5 (4.0) 21.0 (7.2)  **Total exercise, kJ/d (SE)**  IG1 145.2 (2.7) 161.4 (4.6)  IG2 145.2 (2.8) 169.2 (4.7)  IG3 143.0 (2.8) 157.9 (4.7)  CG 145.5 (2.8) 152.5 (4.7)  p=NR, text states only significant for IG1 and IG2 |
| Moreau, 2001104 Fair | 24  HTN  PA, Medium | **Pedometer step counts, km/d-1 (SD)**  BL ∆ at 24 wk  IG 3.4 (±0.3) 2.9 (±0.2)  CG 4.7 (±0.4) -0.3 (±0.3)  p <0.05 <0.05 |
| APHRODITE, 201188  Fair | 925  IFG  HD+PA, High | BL ∆ 6 mo ∆ 18 mo  **Total activity, min/wk, mean (SD)**  IG 1502 (914) 248 (949) -84 (1023)  CG 1629 (1005) 31 (1014) -290 (994)  p=0.02  **Average- to high-intensity activity, min/wk, mean (SD)**  IG 658 (564) -1 (461) 70 (562)  CG 649 (521) 28 (494) 29 (512)  p=0.34 |
| DPP, 200289  Good | 2,161  IFG  HD+PA, High | **Mean change in PA from BL, MET-hr/wk**  1 y 2 y 3 y 4 y  IG 7.2 5.9 5.3 7.7  CG 0.9 1.4 0.3 1.8  p<0.001 (“over time”) |
| EDIPS, 200190  Fair | 78  IFG  HD+PA, Medium | BL 6 mo  **Vigorous activity >3 times/wk, n (%)**  IG 5 (14.3) 14 (41.2)  CG 6 (18.8) 5 (15.6)  Difference between groups: 30.1 (95% CI, 4.3 to 52.7); p=0.02  BL 24 mo p  **Regular activity ≥1 time/wk, % (N)**  IG 25.0 (7) 57.1 (16) <0.02  CG 50.0 (12) 45.8 (11)  **Regular, vigorous PA ≥1 time/wk; BL is n (%), all others are % change from BL (95% CI)**  BL 6 mo 12 mo 24 mo  IG 8 (24.2) 33.3 (13 to 50) 34.3 (16 to 49) 32.1 (12 to 48)  CG 17 (53.1) -3.1 (-14 to 8.5) 7.1 (-8 to 21) -4.2 (-23 to 14)  p 0.017 0.030 0.020 0.030 |
| EDIPS-Newcastle, 200991 Fair | 102  IFG  HD+PA, High | N (%) of participants with sustained benefit change  **Physical activity score†**  IG 18 (35)  CG 19 (37)  †Based on annual 3-day PA diaries; scores were calculated (using MET) based on reported activity  No significant difference between IG and CG at BL or annual F/U in any year |
| FDPS, 2001118  Good | 522  IFG  HD+PA, High | Self-reported change in exercise during year 1, %  **Increased exercise\***  IG 36  CG 16  p=0.001  **Meeting goal of exercise >4 hr/wk**  IG 86  CG 71  p=0.001  \*Subjects reported exercise in terms of a shift to a higher category among 4 levels of activity  BL 1 Year p 3 Year p  **Median change (IQR) from BL in total LTPA, min/wk**  IG 339 (193 to 545) 16 (-126 to 115) 0.9045 50 (-126 to 115) 0.2415  CG 329 (173 to 586) 21 (-133 to 138) 23 (-142 to 171)  **Median change (IQR) from BL in moderate to vigorous LTPA, min/wk**  IG 156 (62 to 288) 49 (-41 to140) 0.0073 61 (-33 to 168) 0.0057  CG 169 (65 to 352) 14 (-47 to 90) 6 (-91 to 104)  BL Early FU† Late FU‡ p§  **Median change (IQR) in** **total activity (hr/wk)**  IG 5.7 (3.2 to 9.1) 6.3 (3.8 to 9.9) 6.2 (3.5 to 9.5) 0.54  CG 5.5 (3.0 to 9.7) 5.9 (3.1 to 9.4) 5.7 (3.3 to 9.3)  **Median change (IQR) in moderate to vigorous activity (hr/wk)**  IG 1.8 (0.6 to 3.8) 3.5 (1.5 to 5.5) 3.1 (1.5 to 5.1) 0.15  CG 1.6 (0.4 to 4.2) 2.8 (1.3 to 4.8) 2.8 (1.4 to 5.4)  †1–3 y after intervention phase; ‡4–9 y after intervention phase; §Adjusted for BL & sex at late FU |
| HLC, 201192  Fair | 307  IFG  HD+PA, High | **PA, min/wk, mean (SD)**  BL 6 mo  IG 413.16 (300.72) 451.48 (367.13)  CG 497.91 (432.85) 440.95 (357.81)  p=NS |
| Live Well, Be Well, 201286  Good | 238  IFG  HD+PA, High | BL mean (SE), within-group change (SE)  BL 6 mo 12 mo  **PA, hr/wk**  IG 8.0 (0.6) 0.7 (0.6) 0.7 (0.7)  CG 7.0 (0.5) 0.4 (0.6) 1.1 (0.6)  Between-group comparison of change NS at either time point  **PA, MET-hr/wk**  IG 25.6 (2.1) 3.0 (2.2) 2.2 (2.1)  CG 23.6 (2.2) 0.4 (2.0) 6.4 (2.8)  Between-group comparison of change NS  **Walking, hr/wk**  IG 4.4 (0.4) 0.4 (0.4) 0.6 (0.5)  CG 3.9 (0.4) 0.3 (0.4) 0.6 (0.5)  Between-group comparison of change NS |
| LLDP94  Good | 312  IFG  HD+PA, High | **Leisure time PA, min/wk**  BL, mean (SD) 1-year change (median, 95% CI)  IG 247.50 (164.1) 5.8 (-12.8 to 21.7)  CG 251.08 (158.4) 3.3 (-20.7 to 18.3)  Intervention effect: 3.33 (95% CI, -26.7 to 33.3); p=0.82 |
| Melbourne DPS, 201285  Fair | 92  IFG  HD+PA, High | **Achieved goal of ≥30 min/d moderate PA, n (%), at 12 mo**  IG 4 (10.8)  CG 4 (9.5)  p=NR |
| PREDIAS, 200995 Fair | 182  IFG  HD+PA, High | **Physical exercise, min/wk, mean (SD)**  BL 12 mo Change  IG 104.2 (80.24) 150.8 (75.18) 46.6 (95.5)  CG 96.9 (76.3) 114.0 (72.6) 17.9 (63.8)  Between-group p=0.034 |
| SLIM149 Fair | 147  IFG  HD+PA, High | **Active days/wk, mean (SD)**  BL 3 y Change  IG 2.9 (2.4) 3.8 (2.5) 0.9 (2.8)  CG 3.0 (2.6) 2.5 (2.7) -0.55 (3.31)  p=NR  **VO2max, L/min, mean (SD)**  BL 1 y 2 y End  IG 2.18 (0.59) 2.38 (0.63) 2.39 (0.62) 2.35 (0.63)  CG 2.06 (0.57) 2.14 (0.60) 2.04 (0.59) 2.08 (0.61)  Group x time p=0.04 |
| Enhanced Fitness Trial, 201298 Fair | 302  IFG  PA, High | **Endurance, min/wk, mean (SD)**  BL 3 mo 12 mo  IG 73.39 (±119.81) 124.30(±127.15) 133.60 (±136.47)  CG 115.29(±183.66) 92.87(±115.01) 112.62(±135.45)  p<0.001 for group x time interaction, indicating between-group differences  **Strength, min/wk, mean (SD)**  IG 19.19 (±74.97) 20.92(±33.46) 28.44(±57.62)  CG 25.11(±75.68) 27.42(±68.69) 40.15(±93.35)  p=0.11, indicating no significant differences for group x time interactions  **% Meeting goal of 150 min/wk**  BL 12 mo  IG 16% 42%  CG 31% 31%  OR, 1.65 (95% CI, 1.08 to 2.53)  **Cardiorespiratory fitness on SF-36, 6-min walk test, average (SD)**  BL 3 mo 12 mo  IG 495.7 (±119.9) 516.5 (±128.2) 518.3 (±127.4)  CG 500.9 (±109.3) 526.4 (±113.9) 517.2 (±129.1)  p=0.81 for group x time interactions |
| Prepare Trial, 200999 Fair | 98  IFG  PA, Medium | **Ambulatory activity, mean (SD), change (95% CI) at F/U**  BL 6 mo 12 mo  IG1 6560 (4,424) 870 (-54 to 1,793) 549 (-290 to 1,390)  IG2 6600 (2,402) 2093 (944 to 3,242) 1039 (135 to 1,943)  CG 6873 (3,537) -152 (-778 to 573) -940 (-1,574 to -307)  6 mo p 12 mo p  IG1 vs. CG 968 (-297 to 2,234) 0.132 1,401 (417 to 2,385) 0.06  IG2 vs. CG 2,207 (989 to 3,246) 0.001 1,902 (954 to 2,859) <0.001  **Self-reported walking activity (MET-min/wk), mean (SD), change (95% CI) at F/U**  BL 6 mo 12 mo  IG1 891 (297 to 2,079) 154 (-582 to 889) 421 (-224 to 1,067)  IG2 1,386 (594 to 2,772) 1,083 (517 to 1,649) 708 (72 to 1,344)  CG 801 (292 to 2,161) 123 (-619 to 864) -361 (-849 to 127)  **Change from BL; adjusted intervention effect**  6 mo p 12 mo p  IG1 vs. CG -23 (-889 to 842) 0.957 764 (14 to 1,515) 0.046  IG2 vs. CG 1,031 (206 to 1,755) 0.015 1,150 (428 to 1,872) 0.002  **Total moderate to vigorous PA (MET-min/wk), mean (SD), change (95% CI) at F/U**  BL 6 mo 12 mo  IG1 2,359 (947 to 3,989) 1,533 (-254 to 3,320) 1,459 (327 to 2,571)  IG2 3,480 (1,524 to 6,339) 3,830 (1,637 to 6,024) 1,589 (48 to 3,130)  CG 2,335 (923 to 3,921) 340 (-1,048 to 1,729) -1,377 (-2,852 to 98)  **Change from BL; adjusted intervention effect**  6 mo p 12 mo p  IG1 vs. CG 928 (-2,008 to 3,242) 0.468 2,364 (513 to 4,214) 0.13  IG2 vs. CG 3,557 (1,126 to 5,987) 0.005 3,060 (1,301 to 4,819) 0.001 |
| Bo, 2007146  Fair | 375  Mixed  HD+PA, Medium | BL 12 mo Difference (95% CI)  **PA (MET-hr/wk)**  IG 18.9 (13.3) 23.6 (17.7) 4.73 (2.91 to 6.55)  CG 18.1 (16.0) 17.8 (15.2) -0.26 (-0.92 to 0.40)  p<0.001 |
| Cochrane, 2012102 Fair | 601  Mixed  HD+PA, High | **Mean PA score from Primary Prevention Toolkit**  BL 12 mo  IG 2.67 2.81  CG 2.65 2.8  p NR for difference between groups at 12 mo ("no significant difference between groups on any of the measures") |
| Edelman, 2006129  Fair | 154  Mixed  HD+PA, High | **Days per week of exercise**  IG 1.6 3.7  CG 1.4 2.4  p=0.002 |
| EUROACTION, 2008106  Fair | 2,384  Mixed  HD+PA, High | BL 12 mo  **Physical activity (≥30 min ≥4 times/wk), N (%)**  IG 313/1080 (29) 512/1018 (50)  CG 107/331 (32) 222/1003 (22)  Difference: 29.4% (95% CI, 10.7 to 48.0); p=0.01  **Physical activity, %, change from BL to 12 mo (compared with CG subsample)**  IG 23.5  CG -10.2  Difference: 32.9% (95% CI, 11.8 to 53.9); p=0.01 |
| GOAL, 2009139  Good | 457  Mixed  HD+PA, Medium | Mean (95% CI) for BL, mean change (95% CI) at 12 mo, mean change (SD) at 36 mo, based on self-reported SQUASH questionnaire  BL ∆ at 12 mo ∆ at 36 mo  **Total PA (min/wk)**  IG 2304 (2095 to 2513) -126 (-304 to 53) -167 (1321)  CG 2026 (1867 to 2185) -68 (-225 to 89) -92 (1218)  p 0.52 0.387  **Moderate- to high-intensity PA (min/wk)**  IG 596 (496 to 695) 97 (1 to 194)  CG 720 (616 to 823) -22 (-112 to 68)  p 0.24  **% Meeting Dutch national reccomendations for 150 min/wk of PA**  BL 3 y  IG 68.6 73.8  CG 71.4 73.9  p=0.28  **% Meeting ACSM guidelines for 60 min/wk of vigorous PA**  IG 53.4 64.1  CG 50.4 61.3  p=0.99  Other nonsignificant PA measures reported for 12 and 36 mo: low-intensity (<4 METs); leisure time PA total; leisure time PA for individual activities. Two significant PA findings:  At 12 mo, IG had significantly greater improvements in walking than CG (p=0.05)  At 36 mo, IG had significantly more moderate-intensity sport min/wk than CG (p=0.042) |
| Hardcastle, 2008167  Fair | 334  Mixed  HD+PA, Medium | BL 6-mo difference in mean (SEM)  **Overall PA (MET-min/wk)**  IG 2039 (204) 245 (104)  CG 2320 (294) -122 (158)  95% CI, -739 to 4.70; p≤0.05  **Vigorous PA (MET-min/wk)**  IG 679 (114) 149 (64)  CG 752 (151) 50 (109)  95% CI, -348 to 150; p=NS  **Moderate PA (MET-min/wk)**  IG 437 (82) 89 (72)  CG 554 (107) -29 (97)  95% CI, -358 to 121); p=NS  **Walking (MET-min/wk)**  IG 1089 (97) 198 (63)  CG 1244 (141) -145 (109)  95% CI, -592 to -94); p<0.01  Mean (SD) for outcome measure (ITT analyses)  BL 18 mo  **Total MET-min/wk**  IG 1854 (2175) 3154 (3394)  CG 2278 (2820) 3272 (3875)  Time x group p=NS  **Vigorous PA (MET-min/wk)**  IG 590 (1294) 1061 (2120)  CG 747 (1672) 972 (2023)  Time x group p=NS  **Moderate PA (MET-min/wk)**  IG 441 (1091) 862 (1526)  CG 576 (1159) 1086 (1670)  Time x group p=NS  **Walking (MET-min/wk)**  IG 996 (1117) 1265 (1352)  CG 1243 (1433) 1327 (1642)  Time x group p<0.01 |
| HIPS, 2012103  Fair | 814  Mixed  HD+PA, High | **Physical Activity Score at 12 mo, mean (95% CI)**  BL 6 mo 12 mo  IG 3.71 (NR) 4.59 (4.30 to 4.88) 4.60 (4.33 to 4.87)  CG 3.38 (NR) 3.89 (3.56 to 4.22) 4.09 (3.80 to 4.38)  p 0.002 0.01 |
| HOORN, 2013132 Fair | 622  Mixed  HD+PA, Medium | Median (Q1;Q3); based on SQUASH questionnaire\*  BL 6 mo 12 mo  **Moderate activities**  IG 56 (19;150) 47 (21;120) 52 (21;138)  CG 47 (19;120) 47 (19;121) 56 (26;126)  Difference (95% CI) -9.5 (-22.3 to 3.2) -9.4 (-22.0 to 3.2)  OR (95% CI)† NR NR  **Vigorous activities**  IG 0 (0;17) 0 (0;17) 0 (0;17)  CG 0 (0;17) 6 (0;17) 0 (0;17)  Difference (95% CI) -0.8 (-3.3 to 1.8) -0.1 (-3.3 to 3.1)  OR (95% CI)† NR NR  **Met recommendations, n (%)**  IG 201 (64.0) 161 (51.3) 162 (51.6)  CG 184 (59.7) 167 (54.2) 160 (51.9)  Difference NR NR  OR (95% CI)† 0.7 (0.5 to 1.1) 0.9 (0.6 to 1.4)  †Adjusted for BL values |
| IMPALA, 2009133  Fair | 615  Mixed  HD+PA, High | **Moderate or vigorous PA on modified CHAMPS questionnaire**  BL 12 mo p  **Min/wk, mean (SD)**  IG 405 (343) 460 (362) 0.74  CG 447 (345) 449 (365)  **Met recommendations for PA\*, n (%)**  IG 183 (60) 163 (65) 0.97  CG 181 (64) 153 (65)  \*≥30 min of moderate-intensity activity ≥5 days per week |
| Inter99, 2008107  Fair | 4,053  Mixed  HD+PA, High | **PA in men, min/wk**  BL, mean (SE) 12 mo 36 mo  IG 286 (3.1) +11\* NR\*\*  CG 304 (9.1) NR\*\* NR\*\*  \*p<0.05 for within-group change over time; \*\*p=NS for within-group change over time; p NR for between-group comparisons  **PA in women, min/wk**  IG 291 (3.0) NR\*\* NR\*\*  CG 327 (9.3) NR\*\* NR\*\*  \*\*p=NS for within-group change over time; p NR for between-group comparisons |
| Logan Healthy Living, 2009114 Fair | 434  Mixed  HD+PA, Medium | Adjusted\* mean (SE)  BL Δ 12 mo Δ 18 mo  **Moderate to vigorous PA, min/wk**  IG 142.5 (22.2) 71.2 (14.3) 62.19 (14.20)  CG 142.4 (197.3) 84.5 (14.9) 74.73 (14.91)  12-mo difference between groups: -11.14 (95% CI, -51.56 to 29.28); p=0.589  18-mo difference between groups: -12.54 (95% CI, 52.95 to 27.88); p=0.543  **Moderate to vigorous PA, sessions/wk**  IG 2.9 (3.6) 2.6 (0.4) 2.24 (0.33)  CG 2.9 (3.8) 2.3 (0.4) 2.13 (0.35)  12-mo difference between groups: 0.39 (95% CI, -0.55 to 1.33); p=0.491  18-mo difference between groups: 0.11 (95% CI, -0.83 to 1.05); p= 0.815  **% meeting PA guidelines (≥150 min, ≥5 sessions/wk)**  BL 12 mo  IG 57 (25.0) 103 (45.1)  CG 52 (25.7) 77 (37.3)  OR, 1.50 (95% CI, 0.73 to 3.03) |
| PHPP, 2007121  Fair | 99  Mixed  HD+PA, Medium | **Mean # of steps/d (SD)**  BL 12 mo  IG 7345 (3890) 10373 (4089)\*  CG 7196 (3682) 6815 (3421)  \*p<0.001 |
| SPRING, 2012100 Fair | 201  Mixed  HD+PA, Medium | **Physically inactive participants, % (95% CI)**  BL ∆ 12 mo  IG 23 -11.8 (-20.6 to -5.5)  CG 28 -4.5 (-11.2 to -1.3)  Difference between groups: 7.3 (95% CI, -0.8 to 15.4)  p=0.54 |
| WISEWOMAN California, 2010108 Fair | 1,093  Mixed  HD+PA, Medium | BL 12 mo p†  **Self-reported moderate level of exercise, n (%)**  IG 309 (71) 365 (84) <0.001  CG 328 (75) 335 (77) 0.57  **Self-reported vigorous level of exercise, n (%)**  IG 57 (13) 143 (33) <0.001  CG 69 (16) 75 (17) 0.58  Moderate activity defined as walking or running; vigorous as participating in exercise or sports  †p-values are within group; between group p-values NR |
| WISEWOMAN NC, 2008110 Fair | 236  Mixed  HD+PA, Medium | Mean (SE)  BL 6 mo 12 mo  **Physical activity, moderate, min/d†**  IG 11.6 (1.3) 12.5 (1.0) 13.2 (1.1)  CG 13.0 (1.2) 11.3 (1.1) 10.5 (1.1)  Difference 1.2 (1.5) 2.7 (1.5)  p 0.43 0.08  **Physical activity assessment (self-reported), moderate**  IG 13.3 (0.4) 14.5 (0.3) 14.0 (0.4)  CG 13.4 (0.4) 13.4 (0.3) 12.9 (0.3)  Difference 1.1 (0.5) 1.1 (0.5)  p 0.013 0.027  **Physical activity assessment (self-reported), vigorous**  IG 8.8 (0.4) 9.5 (0.3) 9.0 (0.3)  CG 9.1 (0.4) 8.7 (0.3) 8.5 (0.3)  Difference 0.8 (0.4) 0.6 (0.5)  p 0.05 0.23  **Physical activity assessment (self-reported), all activity**  IG 29.4 (0.8) 31.2 (0.7) 30.0 (0.7)  CG 29.2 (0.8) 29.4 (0.6) 28.4 (0.6)  Difference -4.1 (0.9) -3.4 (1.0)  p 0.04 0.12 |
| Wister, 2007140 Good | 315  Mixed  HD+PA, Medium | **Adjusted change (95% CI) in physical activity**  BL 12 mo  IG NR 0.17 (-0.06 to 0.40)  CG NR 0.16 (-0.08 to 0.40)  p=NR, NS |
| Green Prescription Programme (Walk to Heart, Health, & Activity Study), 2003123 Fair | 878  Mixed  HD+PA, Medium | BL (SD) ∆ at 12 mo (95% CI) Difference between groups (95% CI) p  **Total energy expenditure (kcal/kg/wk)**  IG 237.5 (42.2) 9.76 (5.85 to 13.68) 9.38 (3.96 to 14.81) 0.001  CG 235.7 (45.3) 0.37 (-3.39 to 4.14) (975 kcal/wk)  **Leisure PA (kcal/kg/wk)**  IG 6.0 (12.2) 4.32 (3.26 to 5.38) 2.67 (0.48 to 4.86) 0.02  CG 6.5 (11.1) 1.29 (0.11 to 2.47) (247 kcal/wk)  **Moderate or vigorous exercise (min/wk)**  IG 11.3 (21.7) 54.6 (41.4 to 68.4) 33.6 (2.4 to 64.2) 0.04  CG 12.0 (20.5) 16.8 (6.0 to 32.4)  **% meeting recommended PA levels (2.5 hr/wk of moderate to vigorous PA)**  IG 66/451 (14.6%)  CG 21/427 (4.9%)  p=0.003 |
| NERS, 2012109  Fair (poor for quality of life) | 2,160  Mixed  PA, Medium | **Total exercise (min), median (IQR), at 12 mo**  IG 200 (60 to 435)  CG 165 (50 to 370)  Text states “of borderline statistical significance”; p=NR |
| PAC, 2011122  Fair | 120  Mixed  PA, Medium | BL 13 wk 25 wk Adjusted mean ∆ (BL to 13wk)  **Acitivity counts/min**  IG 213.1 (79.8) 209.5(85.8) 199.4 (76.6)  CG 231.5 (71.3) 218.6(68.2) 208.6 (64.2)  **Moderate activity, min/d (%)**  IG 13.36 (4.90) 12.28 (4.39) 12.08 (4.42)  CG 15.67 (5.11) 14.11(4.16) 13.63 (3.62)  **Vigorous activity, min/d (%)**  IG 3.98 (2.64) 3.80 (2.74) 3.56 (2.44)  CG 3.88 (2.31) 3.88(2.23) 3.54 (2.06)  NS for all accelerometer measures  **VO2 peak, LO2min-1**  IG 2.3 (0.7) 2.4 (0.8) 2.4 (0.8) 0.079 (-0.02 to 0.17)  CG 2.2 (0.7) 2.3 (0.7) 2.3 (0.7) 0.128 (0.01 to 0.24) |
| PACE, 2005131 Fair | 771  Mixed  PA, Medium | Self-reported PA on SQUASH Questionnaire  BL 6 mo 12 mo  **Median amount of at least moderate PA, min, overall**  IG 240 360 350  CG 30 410 390  **Median amount of at least moderate PA, min, leisure time**  IG 215 300 295  CG 240 300 325 |
| Kallings, 2009141 Good | 101  Mixed  PA, Medium | **Increase of ≥3,000 steps/d**  IG 32%  CG 14%  p<0.05  BL 6 mo  **Moderate-intensity PA ≥30 min 5 times/wk**  IG 17% 38%  CG 7% 17%  p<0.05  **Vigorous-intensity PA ≥20 min 3 times/wk**  IG 11% 21%  CG 7% 7%  p<0.05  **Moderate- to high-intensity muscle strengthening ≥2 times/wk**  IG 2% 21%  CG 6% 9%  p=0.09 |
| LIFE, 2010130 Fair | 186  Mixed  PA, Medium | BL BL to 6 mo ∆ 6 to 11 mo ∆ BL to 11 mo ∆  **VO2max (mL/kg/min)**  IG1 22.0 (±0.66) +2.3 +0.7 +3.0  CG 22.3 (±0.63) +0.9 +1.1 +2.0  p NS <0.05 NS NS  **F static strength, peak torque in a knee-joint angle of 120º**  IG1 137.7±5.8 +4.3 +2.8 +7.1  CG 137.3±5.4 +1.5 +0.0 +1.5  p NS NS NS NS  **F dynamic strength, peak torque of 6 contractions at 240º**  IG1 70.0±2.9 +1.2 +0.4 +1.6  CG 68.6±2.8 -0.6 +0.6 +0.0  p NS NS NS NS  Other strength endurance tests: arm curl test, IG significantly greater than CG from 6 mo to 11 mo and from BL to 11 mo; chair stand test, IG significantly greater than CG from BL to 6 mo, 6 to 11 mo, and BL to 11 mo; vertical jump, IG significantly greater than CG from BL to 11 mo |

**Abbreviations:** ACSM = American College of Sports Medicine; BL = baseline; CG = control group; CI = confidence interval; F/U = followup; HR = heart rate;

HTN = hypertension; IG = intervention group; IFG = impaired fasting glucose; IQR = interquartile range; ITT = intention to treat; LTPA = leisure time physical activity; MDI = medical doctor intervention; MET = metabolic equivalent; MVPA = moderate to vigorous physical activity; n = sample; N = study population;

NR = not reported; NS = not significant; OR =odds ratio; PA = physical activity; PTI = patient intervention; SD = standard deviation; SE = standard error;

SEM = standard error of the mean.