Study	Exer Mean			Usual Mean		Total	Weight	Std. Mean Difference IV, Random, 95% CI	
Babu 2022	31.2	10.3	695	37.6	17.3	652	5.7%	-0.44 [-1.05; 0.18]	
Balducci 2015	25.3	11.4		24.4	10.2		20.6%	0.08 [-0.08; 0.24]	
Cheng 2017	23.7	7.9		27.4	7.0		5.4%	-0.48 [-1.11; 0.15]	<del>- •  </del>
Hallsworth 2015	33.0	15.0		35.0	8.0		3.5%	-0.16 [-0.98; 0.66]	<del>- •</del>
Stine 2022	32.2	10.6		35.4	13.9		3.9%	-0.26 [-1.04; 0.51]	<del>- •</del>
Hassabi 2023	27.6	16.8		31.6	13.2		5.1%	-0.25 [-0.90; 0.41]	<del>- •</del>
Haufe 2021	27.7	9.9		32.0	17.0		16.7%	-0.30 [-0.54; -0.07]	<del></del>
Houghton 2017	45.0	12.0		58.0	30.0		3.5%	-0.55 [-1.37; 0.27]	
Keating 2023	34.0	12.5		35.4	14.9		1.9%	-0.10 [-1.24; 1.05]	<del>- •</del>
Kelardeh 2020	23.1	4.9		25.5	5.0		3.4%	-0.48 [-1.31; 0.35]	<del>- •  </del>
Pugh 2013	29.0	7.2		43.0	14.1		1.5%	-1.18 [-2.52; 0.15]	<del></del>
Pugh 2014	29.0	6.5		41.8	21.4		2.8%	-0.88 [-1.81; 0.05]	- <del>-  </del>
Reljic 2021	26.0	11.0		29.0	14.0		5.9%	-0.24 [-0.84; 0.36]	<del>- • </del> -
Rezende 2016	40.2	38.4		29.1	12.3		5.5%	0.39 [-0.24; 1.01]	<del>:   •</del>
Takahashi 2015	38.1	18.4		42.5	14.9		6.7%	-0.25 [-0.80; 0.29]	<del>- •</del>
Zelber–Sagi 2014	34.3	17.5		32.0	14.8		7.9%	0.14 [-0.35; 0.63]	
Total (95% CI) Prediction interva	ı		695			652	100.0%	-0.19 [-0.36; -0.03] [-0.59; 0.21]	•