		E	cercise		(Control				
Study	Total	Mean	SD	Total	Mean	SD	Mean difference (MLWHF)	MD	95%-CI	Weight
Belardinelli 1999	48	40.00	19.00	46	51.00	22.00		-11.00	[-19.33; -2.67]	4.2%
McKelvie 2002	57	-3.40	18.10	67	-3.30	13.90	-	-0.10	[-5.86; 5.66]	5.1%
Koukouvou 2004	16	34.10	13.00	19	45.20	9.00		-11.10	[-18.65; -3.55]	4.5%
Austin 2005	85	22.90	14.70	94	36.90	21.30		-14.00	[-19.32; -8.68]	5.3%
Passino 2006	44	32.00	26.50	41	53.00	32.00	- 1	-21.00	[-33.54; -8.46]	2.9%
Dracup 2007	86	35.70	23.70	87	43.20	27.30	-	-7.50	[-15.12; 0.12]	4.5%
Nilsson 2008	35	23.00	14.00	37	28.00	20.00		-5.00	[-12.94; 2.94]	4.4%
Jolly 2009	77	37.60	21.00	80	34.90	24.80	- 	2.70	[-4.48; 9.88]	4.6%
Andryukhin 2010	40	44.50	8.90	35	61.00	11.10	-	-16.50	[-21.10; -11.90]	5.6%
Davidson 2010	50	52.90	15.70	42	56.40	18.30		-3.50	[-10.54; 3.54]	4.7%
Gary 2010 (1)	15	24.20	16.30	16	34.30	23.60	-	-10.10	[-24.30; 4.10]	2.5%
Gary 2010 (2)	17	25.60	19.70	14	28.90	29.90	-	-3.30	[-21.55; 14.95]	1.8%
Yeh 2011	50	13.00	4.00	50	18.00	6.00	-	-5.00	[-7.00; -3.00]	6.3%
Witham 2012	43	15.40	14.80	44	11.30	12.10	+=	4.10	[-1.59; 9.79]	5.2%
Antonicelli 2016	150	28.60	12.30	163	44.50	12.30	-	-15.90	[-18.63; -13.17]	6.1%
Chen 2018	31	19.40	12.20	29	34.30	14.40		-14.90	[-21.68; -8.12]	4.8%
Dalal 2018	92	24.10	20.90	93	27.50	23.20	- 1	-3.40	[-9.76; 2.96]	4.9%
Du 2018	67	36.90	21.59	65	41.00	22.40		-4.10	[-11.61; 3.41]	4.5%
Lang 2018	22	29.20	25.80	23	38.70	30.10	-	-9.50	[-25.86; 6.86]	2.1%
Peng 2018	42	42.32	8.83	41	49.63	12.39	-	-7.31	[-11.95; -2.67]	5.5%
Jaarsma 2020	228	29.96	21.43	220	31.18	23.46	-	-1.22	[-5.39; 2.95]	5.7%
Wang 2021	49	25.36	18.20	49	34.25	16.25	-	-8.89	[-15.72; -2.06]	4.8%
Random effects model	1344			1355				-7.39	[-10.30; -4.47]	100.0%
Prediction interval									[-19.95; 5.18]	
Heterogeneity: $I^2 = 82.0\%$, $\tau^2 = 34.3$, $p < 0.0001$										
,	•	-				-3	80 –20 –10 0 10 2	20		
	Favours exercise Favours control									