Records identified through database searching (n = 859)

Additional records identified through other sources (n = 10)

Records after duplicates removed (n = 782)

Records screened (n = 782)

Records excluded (n = 773)

Full-text articles assessed for eligibility (n = 19)

Full-text articles excluded (n = 4)
  Reasons: No exercise part = 2
  No RCT = 2

Studies included in synthesis (n = 15)

Studies included in synthesis (n = 4)