Studies identified after applying the search strategy to 6 databases  
\( n = 2635 \)

Studies excluded, not relevant  
\( n = 2610 \)

Studies retrieved for review of full text  
\( n = 25 \)

Studies excluded  
\( n = 12 \)
- no markers of airway inflammation  
  \( n = 3^{34,35,36} \)
- no aerobic training  
  \( n = 5^{35,36,40-42} \)
- not clearly a pure asthma population  
  \( n = 3^{32,36,39} \)
- not a study  
  \( n = 1^{31} \)

Studies included in the systematic review  
\( n = 23 \)  
\( n = 22 \) full text, \( n = 1^{42} \) only published in abstract form

Additional studies included after reviewing the reference lists of all 21 articles  
\( n = 10^{34,45-48,50,52,54,55,59} \)