Citations from electronic database search:
MEDLINE 405
EMBASE 183
Cochrane 227
CINAHL/SportDiscus/PsycInfo 289

Total Citations Downloaded to RefWorks:
Total in RefWorks 1104

Total with Duplicates Excluded (N = 1091)

Full Articles Assessed for Eligibility after Scanning Titles (N=80)
Citations Excluded after Scanning Titles (N = 1011)

Articles added through referencing (N = 1)

Articles Excluded after Full Review (N = 64)
Reasons: non experimental (N=16); did not include 3 levels of physical activity (N=14); Reviews, summaries (N=17); dissertations, thesis, and abstracts (N=8); other (N=9)

Articles Included (N=17) plus (N=8) articles added at author’s discretion
Total N=25