Citations from electronic database search:
MEDLINE  83
EMBASE    44
Cochrane  25
CINAHL/SportDiscus/PsycInfo  100

Total Citations Downloaded to RefWorks:
Total in RefWorks  252

Total with Duplicates Excluded (N = 237)

Full Articles Assessed for Eligibility after Scanning Titles (N=73)
Citations Excluded after Scanning Titles (N = 164)

Articles Excluded after Full Review (N = 47)
Reasons: non experimental (N=8); review (N= 13); editorial/comment (N=3); only on precursor to colon cancer (N=4); did not include 3 levels of exercise (N=9); other (N=10)

Articles Included (N=26) plus (N=7) added at authors discretion
Total N=33