Publications identified through database searching $n = 23163$
- Medline = 7868
- Embase = 7112
- PsycInfo = 397
- Scopus = 5022
- CINAHL = 495
- Web of Science = 1243
- ASSIA = 45
- Cochrane = 848
- CAB Abstracts = 80
- Conference Papers Index = 17
- WorldCat Dissertations = 27
- Index to Theses = 9

Number of duplicate publications excluded $n = 5304$

Number of publications after de-duplication $n = 17859$

Number of titles and abstracts screened for eligibility $n = 17859$

Number of additional publications by hand-searching $n = 0$

Number of publications excluded $n = 17644$

Number of full publications screened for eligibility $n = 215$

Number of publications excluded $n = 183$
- Not mean/median age 55-70 years = 115
- Not an RCT or inadequate randomisation = 20
- No physical activity behaviour assessed = 16
  - Missing PA outcome data = 18
  - No follow-up ≥12 months = 8
- Recruited based on pre-existing condition = 5
- Laboratory-based exercise trial = 1

Number of trials included $n = 32$ publications (21 individual trials)

Number of publications excluded from meta-analyses $n = 7$
- Reported median (range) not mean (SD) = 3
- Reported change scores not final values = 1
- No ‘no intervention, control’ arm = 1
- Incomparable time and method of PA assessment = 1
- No group level PA data = 1

Number of trials included in meta-analyses $n = 26$ publications (15 individual trials)