|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 2. Dose metrics of the included studies** | | | | | | | | | | | **Notes** |
| **Study** | **Group** | **Dose metric** | | | | | | | | |
| **weeks** | **min/**  **sess** | **sess/**  **week** | **%VO2**  **max** | **METs** | **METmin/**  **week** | **METh**  **total** | **min/**  **week** | **min**  **total** |
| Aldred  1995 [10](#_ENREF_10) | 1 | 12 | 28.5 | 4.55 | 68 | 3.1 | 402 | 80.6 | 130 | 1560 | %VO2max converted from reported %HRmaxa  METs converted from reported walking speed 1.81 m/sb |
| Anderson  2006 [11](#_ENREF_11) | 1 | 8 | 30 | 5 | 68 | 2.7 | 405 | 54 | 150 | 1200 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Asikainen  2002 [9](#_ENREF_9)  study 1 | 1  2  3  4 | 24  24  24  24 | 54  65  38  46 | 5  5  5  5 | 55  45  55  45 | 4.8  4.0  4.7  3.9 | 1296  1300  893  858 | 518  520  357  343 | 270  325  190  230 | 6480  7800  4560  5520 | METs converted from pre-training group VO2maxc |
| Asikainen  2002 [12](#_ENREF_12)  study 2 | 1 s/d  2 s/d | 15  15 | 46.6  24 | 5  10 | 65  65 | 5.3  5.3 | 1235  1272 | 309  318 | 233  240 | 3495  3600 | METs converted from pre-training group VO2maxc |
| Asikainen 2003 [60](#_ENREF_60), study 1 and study 2 as above | | | | | | | | | | |  |
| Baker  2008 [13](#_ENREF_13) | 1 | 12 | 30 | 5 | - | 2.7 | 405 | 81 | 150 | 1800 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Bell  2010 [14](#_ENREF_14) | 1 | 24 | 19.7 | 7 | - | 2.5 | 345 | 138 | 138 | 3310 | METs converted from reported walking speed 5.18 km/hb |
| Braith  1994 [15](#_ENREF_15) | 1  2 | 26  26 | 45  35 | 3  3 | 70  82.5 | 5.6  6.1 | 675  641 | 292  278 | 135  105 | 3510  2730 | Intensity: reported % HRR = %VO2maxb |
| Brandon  2006 [16](#_ENREF_16) | 1  2 | 16  16 | 50.8  49.8 | 3  3 | -  - | 2.6  2.8 | 395  417 | 105  111 | 152  149 | 2432  2384 | METs converted from reported walking speed 3.5 mphb |
| Butcher  2008 [17](#_ENREF_17) | 1 | 8 | - | 3 | - | - | - | - | - | - | Subjects walked at their own pace |
| Duncan  1991 [18](#_ENREF_18) | 1  2  3 | 24  24  24 | 60  45  36 | 5  5  5 | 46  60  83 | 2.3  3.1  3.8 | 690  697.5  684 | 276  279  274 | 300  225  180 | 7200  5400  4320 | METs converted from reported walking speedb: 4.8 km/h  6.4 km/h  8 km/h |
| Foulds  2014 [41](#_ENREF_41) | 1  2  3  4 | 13  13  13  13 | 10  10  30  60 | 1  3  3  3 | -  -  -  - | 2.7  2.7  2.7  2.7 | 27  81  243  486 | 5.85  17.55  52.65  105.3 | 10  30  90  180 | 130  390  1170  2340 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Gaba  2016 [42](#_ENREF_42) | 1 | 9.8 | 32.5 | 5 | - | 2.7 | 439 | 72 | 162.5 | 1592.5 | METs converted from standard “brisk” walking speed 5.6 km/hb |
| Hamdorf  1992 [43](#_ENREF_43) | 1 | 26 | 45 | 2 | - | - | - | - | 90 | 2340 | Subjects walked at HR 115,5 ± 6,7. No information of HRmax |
| Herzig  2014 [44](#_ENREF_44) | 1 | 12 | 42.5 | 3 | - | 1.7 | 216.75 | 43.35 | 127.5 | 1530 | METs converted from reported walking speed 3.5 km/hb |
| Hinkleman  1993 [19](#_ENREF_19) | 1 | 15 | 45 | 5 | 62 | 3.2 | 720 | 180 | 225 | 3375 | METs converted from reported walking speed 6.7 km/hb |
| Hong  2014 [45](#_ENREF_45) | 1 | 12 | 60 | 3 | 55 | - | - | - | 180 | 2160 | Subjects walked at estimated 50-60% VO2max. No information of VO2max. |
| Jasinski  2015 [46](#_ENREF_46) | 1 | 8 | 40 | 2 | - | 4.8 | 384 | 51.2 | 80 | 640 | METs as reported |
| Jette  1988 [20](#_ENREF_20) | 1 | 12 | 30 | 3 | 60 | 5.3 | 477 | 95 | 90 | 1080 | METs converted from pre training group VO2maxc |
| Kang  2014 [47](#_ENREF_47) | 1 | 12 | 90 | 3 | - | - | - | - | 270 | 3240 | Subjects walked at moderate intensity according to RPE 12-15. |
| Kearney  2014 [48](#_ENREF_48) | 1 | 24 | 30 | 5 | - | 2.7 | 405 | 162 | 150 | 3600 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Moreau  2001 [21](#_ENREF_21) | 1 | 24 | - | 7 | - | - | - | - | - | - | Subjects walked at self-selected pace in free pattern to accumulate 3 km in daily walking. |
| Morgan  2010 [22](#_ENREF_22) | 1 | 15 | - | 7 | - | - | - | - | - | - | Subjects walked to accumulate 10,000 steps/day by the 3rd week and maintain it thereafter. |
| Murphy  1998 [23](#_ENREF_23) | 1  2 | 10  10 | 30  10 | 5  15 | 70  67 | 2.9  2.9 | 435  435 | 72.5  72.5 | 150  150 | 1500  1500 | METs converted from reported walking speed 1.7 m/sb |
| Murphy  2006 [24](#_ENREF_24) | 1 | 8 | 45 | 2 | 53 | - | - | - | 90 | 720 | Subjects walked at speed corresponding to estimated 62% HRmax. This was converted to %VO2maxa. |
| Murtagh  2005 [25](#_ENREF_25) | 1  2 | 12  12 | 20  10 | 3  6 | 67  66 | 3.1  3.1 | 186  186 | 37.2  37.2 | 60  60 | 720  720 | METs converted from reported walking speed 1.8 m/secb |
| Pospieszna  2017 [49](#_ENREF_49) | 1 | 12 | 50 | 3 | - | 3.2 | 480 | 96 | 150 | 1800 | METs converted from reported mean distance covered in a session to walking speed and then to METb |
| Probart  1991 [26](#_ENREF_26) | 1 | 26 | 20 | 3 | 63 | - | - | - | 60 | 1560 | Reported intensity %HRmax converted to %VO2maxa |
| Ready  1995 [27](#_ENREF_27) | 1 | 24 | 54.3 | 4.9 | 54 | 2.6 | 692 | 277 | 266 | 6386 | Reported intensity 54%HRR=%VO2max |
| Ready  1996 [28](#_ENREF_28) | 1  2 | 24  24 | 60  60 | 3  5 | 60  60 | 2.8  2.8 | 504  840 | 202  336 | 180  300 | 4320  7200 | METs as reported |
| Santiago  1995 [29](#_ENREF_29) | 1 | 40 | - | 4 | 66 | - | - | - | - | - | Reported intensity 72%HRmax converted to %VO2maxa |
| Serwe  2011 [30](#_ENREF_30) | 1  2 | 8  8 | 30  10 | 5  15 | 65  65 | -  - | -  - | -  - | 150  150 | 1200  1200 | Reported intensity 65%HRR=%VO2maxb |
| Stensel  1993 [31](#_ENREF_31) ,  1994 [32](#_ENREF_32) | 1 | 52 | 28 | 7 | - | 2.7 | 529 | 459 | 196 | 10192 | METs converted from standard “brisk” walking speed 5.6 km/hb |
| Tully  2005 [33](#_ENREF_33) | 1 | 12 | 28 | 5 | - | 2.7 | 378 | 75.6 | 140 | 1680 | METs converted from standard “brisk” walking speed 5.6 km/hb |
| Tully  2007 [34](#_ENREF_34) | 1  2 | 12  12 | 29.5  26.9 | 3  5 | -  - | 2.7  2.7 | 239  363 | 48  73 | 88.5  134.5 | 1062  1614 | METs converted from standard “brisk” walking speed 5.6 km/hb |
| Woolf-May  1999 [35](#_ENREF_35) | 1  2  3 | 18  18  18 | 34,8  14.5  9.9 | 4.4  10.6  15.4 | 67.4  67.1  67.4 | 5.3  4.9  5.2 | 811  755  790 | 243  226  237 | 153  154  152 | 2754  2772  2736 | METs converted from pre-training group VO2maxc |
| Woolf-May  2011 [36](#_ENREF_36) | 1 | 24 | 25.1 | 7.2 | 50.6 | 5.4 | 977 | 391 | 181 | 4344 | METs converted from pre-training group VO2maxc |
| Zhang  2014 [50](#_ENREF_50) | 1 | 12 | 30 | 3 | - | 2.4 | 216 | 43.2 | 90 | 3240 | METs converted from reported walking speed 1.5 m/sb |

Abbreviations: min=minutes, sess=session, %VO2max=maximal oxygen uptake, METh=MET-hours, HRmax=maximal heart rate, HRR=heart rate reserve, RPE=rating of perceived exertion, s=seconds

Conversion formulas:

a  %HRmax converted first to %VO2max by %VO2max=-24.1 + 1.25 \* %HRmax [51](#_ENREF_51)) and then to METs: group mean pre-exercise VO2max divided by 3.5 [52](#_ENREF_52)

b METs converted from reported “brisk” walking: standard speed of brisk walking = 5.6 km/h converted to 9.3 VO2 ml/kg/min and divided by 3.5 [53](#_ENREF_53)

c METs converted from pre-training group VO2max : group mean pre-exercise VO2max divided by 3.5 [53](#_ENREF_53)