|  |  |
| --- | --- |
| **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** |
| Aldred1995 [10](#_ENREF_10) | 1 | 12 | 28.5 | 4.55 | 68 | 3.1 | 402 | 80.6 | 130 | 1560 | %VO2max converted from reported %HRmaxaMETs converted from reported walking speed 1.81 m/sb |
| Anderson2006 [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 |
| Asikainen2002 [9](#_ENREF_9) study 1  | 1234 | 24242424 | 54653846 | 5555 | 55455545 | 4.84.04.73.9 | 12961300893858 | 518520357343 | 270325190230 | 6480780045605520 | METs converted from pre-training group VO2maxc |
| Asikainen2002 [12](#_ENREF_12) study 2 | 1 s/d2 s/d | 1515 | 46.624 | 510 | 6565 | 5.35.3 | 12351272 | 309318 | 233240 | 34953600 | 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 |
| Bell2010 [14](#_ENREF_14) | 1 | 24 | 19.7 | 7 | - | 2.5 | 345 | 138 | 138 | 3310 | METs converted from reported walking speed 5.18 km/hb |
| Braith1994 [15](#_ENREF_15) | 12 | 2626 | 4535 | 33 | 7082.5 | 5.66.1 | 675641 | 292278 | 135105 | 35102730 | Intensity: reported % HRR = %VO2maxb |
| Brandon2006 [16](#_ENREF_16) | 12 | 1616 | 50.849.8 | 33 | -- | 2.62.8 | 395417 | 105111 | 152149 | 24322384 | METs converted from reported walking speed 3.5 mphb |
| Butcher2008 [17](#_ENREF_17) | 1 | 8 | - | 3 | - | - | - | - | - | - | Subjects walked at their own pace |
| Duncan 1991 [18](#_ENREF_18) | 123 | 242424 | 604536 | 555 | 466083 | 2.33.13.8 | 690697.5684 | 276279274 | 300225180 | 720054004320 | METs converted from reported walking speedb: 4.8 km/h6.4 km/h8 km/h |
| Foulds2014 [41](#_ENREF_41) | 1234 | 13131313 | 10103060 | 1333 | ---- | 2.72.72.72.7 | 2781243486 | 5.8517.5552.65105.3 | 103090180 | 13039011702340 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Gaba2016 [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 |
| Hamdorf1992 [43](#_ENREF_43) | 1 | 26 | 45 | 2 | - | - | - | - | 90 | 2340 | Subjects walked at HR 115,5 ± 6,7. No information of HRmax |
| Herzig2014 [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 |
| Hinkleman1993 [19](#_ENREF_19) | 1 | 15 | 45 | 5 | 62 | 3.2 | 720 | 180 | 225 | 3375 | METs converted from reported walking speed 6.7 km/hb |
| Hong2014 [45](#_ENREF_45) | 1 | 12 | 60 | 3 | 55 | - | - | - | 180 | 2160 | Subjects walked at estimated 50-60% VO2max. No information of VO2max. |
| Jasinski2015 [46](#_ENREF_46) | 1 | 8 | 40 | 2 | - | 4.8 | 384 | 51.2 | 80 | 640 | METs as reported |
| Jette1988 [20](#_ENREF_20) | 1 | 12 | 30 | 3 | 60 | 5.3 | 477 | 95 | 90 | 1080 | METs converted from pre training group VO2maxc |
| Kang2014 [47](#_ENREF_47) | 1 | 12 | 90 | 3 | - | - | - | - | 270 | 3240 | Subjects walked at moderate intensity according to RPE 12-15. |
| Kearney2014 [48](#_ENREF_48) | 1 | 24 | 30 | 5 | - | 2.7 | 405 | 162 | 150 | 3600 | METs converted from standard ”brisk” walking speed 5.6 km/hb |
| Moreau2001 [21](#_ENREF_21) | 1 | 24 | - | 7 | - | - | - | - | - | - | Subjects walked at self-selected pace in free pattern to accumulate 3 km in daily walking. |
| Morgan2010 [22](#_ENREF_22) | 1 | 15 | - | 7 | - | - | - | - | - | - | Subjects walked to accumulate 10,000 steps/day by the 3rd week and maintain it thereafter. |
| Murphy1998 [23](#_ENREF_23) | 12 | 1010 | 3010 | 515 | 7067 | 2.92.9 | 435435 | 72.572.5 | 150150 | 15001500 | METs converted from reported walking speed 1.7 m/sb |
| Murphy2006 [24](#_ENREF_24) | 1 | 8 | 45 | 2 | 53 | - | - | - | 90 | 720 | Subjects walked at speed corresponding to estimated 62% HRmax. This was converted to %VO2maxa. |
| Murtagh2005 [25](#_ENREF_25) | 12 | 1212 | 2010 | 36 | 6766 | 3.13.1 | 186186 | 37.237.2 | 6060 | 720720 | METs converted from reported walking speed 1.8 m/secb |
| Pospieszna2017 [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 |
| Probart1991 [26](#_ENREF_26) | 1 | 26 | 20 | 3 | 63 | - | - | - | 60 | 1560 | Reported intensity %HRmax converted to %VO2maxa |
| Ready1995 [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) | 12 | 2424 | 6060 | 35 | 6060 | 2.82.8 | 504840 | 202336 | 180300 | 43207200 | METs as reported |
| Santiago1995 [29](#_ENREF_29) | 1 | 40 | - | 4 | 66 | - | - | - | - | - | Reported intensity 72%HRmax converted to %VO2maxa |
| Serwe2011 [30](#_ENREF_30) | 12 | 88 | 3010 | 515 | 6565 | -- | -- | -- | 150150 | 12001200 | Reported intensity 65%HRR=%VO2maxb |
| Stensel1993 [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 |
| Tully2005 [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 |
| Tully2007 [34](#_ENREF_34) | 12 | 1212 | 29.526.9 | 35 | -- | 2.72.7 | 239363 | 4873 | 88.5134.5 | 10621614 | METs converted from standard “brisk” walking speed 5.6 km/hb |
| Woolf-May1999 [35](#_ENREF_35) | 123 | 181818 | 34,814.59.9 | 4.410.615.4 | 67.467.167.4 | 5.34.95.2 | 811755790 | 243226237 | 153154152 | 275427722736 | METs converted from pre-training group VO2maxc |
| Woolf-May2011 [36](#_ENREF_36) | 1 | 24 | 25.1 | 7.2 | 50.6 | 5.4 | 977 | 391 | 181 | 4344 | METs converted from pre-training group VO2maxc |
| Zhang2014 [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)