**Supplementary Material 2: Search Strategy**

**Title:** Light intensity physical activity adult cardiometabolic health and mortality: a systematic review and meta-analysis of experimental and observational studies.

 **[EXPOSURE keywords]**

(light-intensity training OR low-intensity training OR light-intensity exercise OR low-intensity exercise OR light-intensity activity OR low-intensity activity OR light-intensity physical activity OR low-intensity physical activity OR light-intensity walking OR light-intensity lifestyle OR light intensity training OR low intensity training OR mild intensity training OR light intensity exercise OR low intensity exercise OR mild intensity exercise OR light intensity activity OR low intensity activity OR mild intensity activity OR light intensity physical activity OR low intensity physical activity OR light intensity walking OR mild intensity walking OR light intensity lifestyle OR LIPA OR LPA OR “activities of daily living” OR “domestic activity” OR “housework” OR “domestic physical activity” OR NEAT OR “non exercise activity thermogenesis” OR light activity OR incidental physical activity OR incidental activity OR Lifestyle Activity OR lifestyle physical activity OR mild intensity physical exercise OR mild physical exercise OR light physical exercise OR light exercise OR )

AND

**[OUTCOMES keywords]**

(mortality OR “cardiovascular diseases” OR “metabolic diseases” OR “chronic diseases” OR vascular OR cardiometabolic OR cardio-metabolic OR cardio-vascular OR risk factors OR biomarkers OR “heart health” OR cardiac OR diabetes OR glucose OR glycosylated hemoglobin OR HbA1c OR triglyceride\* OR Lipid\* OR hyperlip\* OR dyslip\* OR LDL\* OR HDL\* OR lipoprotein\* OR insulin OR cholesterol OR autacoids OR chemokines OR prostaglandin\* OR inflammat\* OR CRP OR C-reactive protein OR IL-6 OR interleukin-6 OR TNF-alpha OR TNF receptor-1 OR TNFR1 OR TNF receptor-2 OR TNFR2 OR obesity OR "Body Mass Index" OR BMI OR Quetelet OR Adipose Tissue OR abdominal fat OR ectopic fat OR non-alcoholic fatty liver OR waist circumference OR Waist-Hip Ratio OR Metabolic Syndrome X OR adiposity OR skinfold OR hip circumference OR “body fat” OR “body mass” OR “body composition” OR “fat percentage” OR resting heart rate OR percent body fat OR “ lean body mass” OR “resting blood pressure” OR “blood pressure” OR hypertensi\* OR “heart rate” OR “VO2 max” OR “cardiorespiratory” OR “aerobic” OR “heart rate” OR “physical fitness” OR “aerobic capacity” OR lipid metabolism OR Endocrine OR biomarkers OR risk Factors OR Morbidity OR metabolic)

AND Humans[MeSH] AND Adult[MeSH] AND English[lang]