

**Supplementary Table 3: Results for secondary outcome measures**

Outcomes	Study design Number of studies	Relative effect (95% CI)	Absolute effect	Certainty of evidence GRADE <sup>1</sup>
HRQoL	2 RCTs		<p>1 RCT: Intergroup difference EQ-5D VAS at 6 months: 1, n.s.</p> <p>1 RCT: Intergroup difference SF36 MSC at 6 months: 4.4, p=0.03</p> <p>SF36 PCS at 6 months: 3.8, n.s.</p>	Low <sup>1</sup> ⊕⊕○○
Body weight and waist circumference	3 RCTs	<p>2 RCT, data on body weight SMD (CI95%): -0.33 (-0.62 to -0.04), p=0.025</p> <p>2 RCT, data on waist circumference SMD (CI95%) -0.20 (-0.48 to +0.09), p=0.18</p>	<p><u>1 RCT</u> Body weight (kg) I Δ 3 years: -0.8 (-2.1; 0.6) C Δ 3 years: 0.1 (-2.3; 2.6), p=0.73</p> <p>WC (cm) I Δ 3 years: -1.7 (-3.2; -0.3) C Δ 3 years: -0.03 (-2.6; 2.5) p=0.97</p> <p><u>1 RCT</u> Body weight (kg) I Δ 18 months: -0.4 (-1.6; 0.7) C Δ 18 months: -0.3 (-1.2; 0.7), n.s.</p> <p>WC (cm) I Δ 18 months: -2.1 (-3.4; -0.8) C Δ 18 months: -2.6 (-4.0; -1.2), n.s.</p> <p><u>1 RCT</u> Body weight (kg) I Δ 6 months: -1.8 (-2.8; -0.8) C Δ 6 months: -0.5 (-1.1; 0.1), p=0.023</p> <p>WC (cm) I Δ 6 months: -2.3 (-3.5; -1.1) C Δ 6 months: -1.4 (-2.2; -0.6), n.s.</p>	Low <sup>2</sup> ⊕⊕○○
Blood pressure	2 RCTs		<p>1 RCT: SBP (mmHg) I Δ 3 years: -15.6 (-11.0; -20.2) C Δ 3 years: -9.2 (-3.8; -14.7), n.s.</p> <p>DBP (mmHg) I Δ 3 years: -5.5 (-3.1; -7.8) C Δ -3.0 (-7.0; 0.9), n.s.</p> <p>1 RCT: SBP (mmHg) I Δ 6 months: 0.2 (-4.3; 4.7) C Δ 6 months: -4.1 (-7.5; -0.6), n.s.</p> <p>DBP (mmHg) I Δ 6 months: -1.0 (-3.5; 1.6) C Δ 6 months: -1.7 (-4.4; 0.9), n.s.</p>	Very low <sup>3</sup> ⊕○○○
Glucose metabolism	2 RCTs		<p>1 RCT: HbA1c (mmol·mol<sup>-1</sup>) I Δ 3 years: -2.7 (-1.7; -3.6) C Δ 3 years: -2.2 (-0.9; -3.5), n.s.</p>	Low <sup>2</sup> ⊕⊕○○

			1 RCT: HbA1c (% average total Hb) I $\Delta$ 6 months: -0.1 (-0.2; 0.0) C $\Delta$ 6 months: 0.2 (0.1; 0.3), p=0.001	
Blood lipids	1 RCT		1 RCT: Cholesterol (mmol·l <sup>-1</sup> ) Intergroup difference in mean $\Delta$ (I-C) at 6 months: -0.4, p=0.042  Triglycerides (mmol·l <sup>-1</sup> ) Intergroup difference in mean $\Delta$ (I-C) at 6 months: -0.2, p=0.08  HDL (mmol·l <sup>-1</sup> ) Intergroup difference in mean $\Delta$ (I-C) at 6 months: 0.0, n.s.  LDL (mmol·l <sup>-1</sup> ) Intergroup difference in mean $\Delta$ (I-C) at 6 months: -0.2, n.s.	Very low <sup>4</sup> ⊕○○○
Physical function	1 RCT		6MWT Intergroup difference in mean $\Delta$ (I-C) at 6 months: 39 m, p=0.01	Low <sup>1</sup> ⊕⊕○○
Adverse events	4 RCT  1 Case-series		1 RCT 24 % musculoskeletal pain in both groups.  3 RCT and 1 Case-series: No adverse events reported	Moderate <sup>4</sup> ⊕⊕⊕○

DBP = Diastolic blood pressure; EQ-5D = EuroQoL-5 Dimension Questionnaire; HbA1c = Glycated haemoglobin; MCS = Mental Component Summary; MVPA = Moderate vigorous physical activity; NS = Not significant; n.s. = Not significant; PA = Physical activity; PCS = Physical Component Summary; SBP = Systolic blood pressure; SF-36 = 36-Item Short Form Health Survey.

<sup>1</sup> Downgraded for study limitations, some indirectness, and imprecision.

<sup>2</sup> Downgraded for some study limitations, some inconsistency and imprecision.

<sup>3</sup> Downgraded for some study limitations, indirectness and imprecision.

<sup>4</sup> Downgraded for some study limitations and imprecision.