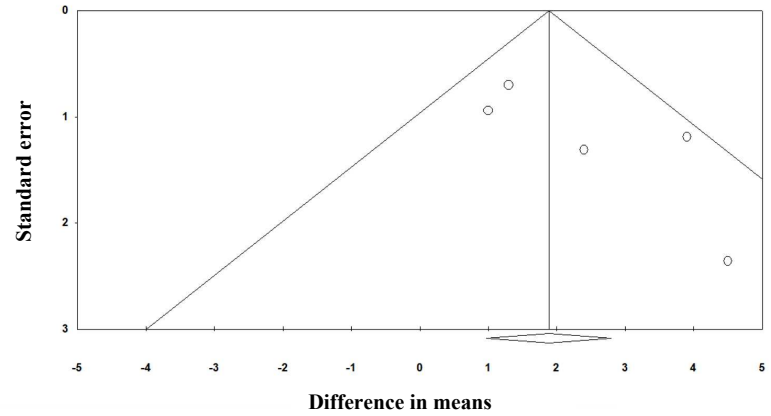
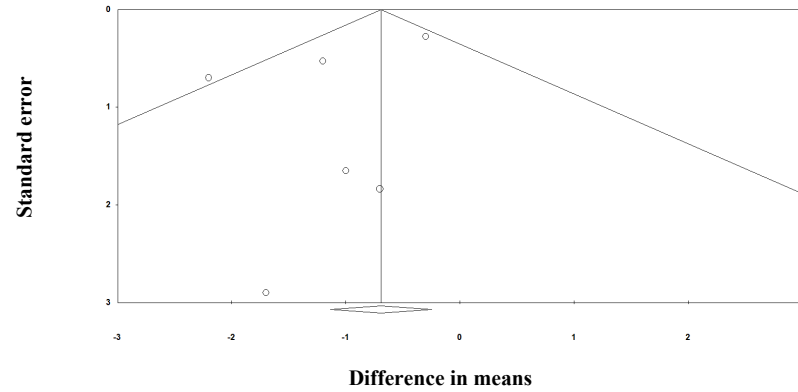


**Supplementary Figure 2** Funnel plot of standard error by difference in means for trials included in the meta-analysis for cardiorespiratory fitness, body composition and bone mineral density. Each circle represents one trial.

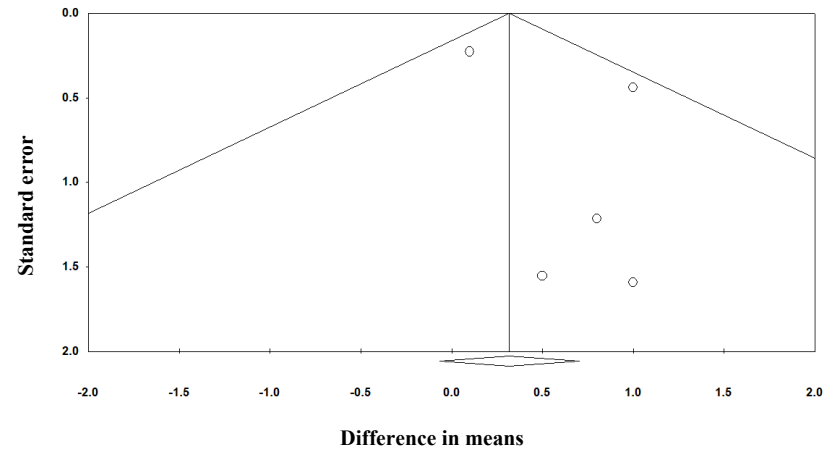
**a) Cardiorespiratory fitness (Egger's test p-value= 0.27)**



**b) Fat mass (Egger's test p-value= 0.28)**



**c) Lean mass (Egger's test p-value= 0.32)**



**d) Bone mineral density (Egger's test p-value= 0.02)**

