

Supplementary Table 4 Summary of the quality of evidence and strength of recommendation (GRADE)^a

Quality Assessment					
Meta-analysis	Downgraded			Overall	
	Study limitations ¹	Inconsistency ²	Imprecision ³		Publication bias ⁴
Cardiorespiratory fitness	↓		↓	Low	
Physical function	↓	↓	↓	Very low	
Strength	↓		↓	Low	
Fat mass	↓		↓	Low	
Lean mass	↓		↓	Low	
Bone mineral density	↓		↓	↓	Very low

^aWe were unable to assess the certainty of the evidence for physical activity, balance, mental health and quality of life outcomes, as their results are from < 3 studies.

¹>25% of participants from studies with low methodologic quality: PEDro score <6

²Heterogeneity > 60%

³<400 participants across all studies

⁴Serious small study effects suggested by funnel plot.

↓ Downgraded