Chase & Conn, SDC 1

*Table of Single Group, Pre-Post Test Physical Activity Intervention Studies Among Healthy Adults*

|  |  |  |  |
| --- | --- | --- | --- |
| **Citation** | **Sample** | **Intervention** | **Fitness Effect Size** |
| Aldana, S. G., Jacobson, B. H., Kelley, P. L., & Quirk, M. (1994). The effectiveness of a mobile worksite health promotion program in lowering employee health risk. *American Journal of Health Promotion, 8*(4), 254-256. | Pre *n* = 253  Post *n* =253  Age 37 (9.2)  58% female | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 183  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.41 |
| Aldana, S., Barlow, M., Smith, R., Yanowitz, F., Adams, T., Loveday, L., et al. (2006). A worksite diabetes prevention program: two-year impact on employee health. *American Association of Occupational Health Nurses Journal, 54*(9), 389-395. | Pre *n* = 22  Post *n* =22  64% female  BMI 30.95 (7.2) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 366  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 1.10 |
| Andersen, R. E., Wadden, T. A., Bartlett, S. J., Zemel, B., Verde, T. J., & Franckowiak, S. C. (1999). Effects of lifestyle activity vs structured aerobic exercise in obese women: A randomized trial. *The Journal of the American Medical Association, 281*(4), 335-340. | Pre *n* = 17  Post *n =* 17  Age 43.2 (9.1)  100% female  BMI 31.4 (3.7) | Number of intervention sessions = 4  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.56 |
| Pre *n* = 16  Post *n =* 16  Age 42.9 (7.9)  100% female  BMI 32.4 (4.5) | Number of intervention sessions = 20  Minutes/session = N/A  Duration of Intervention (days) = 476  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = N/A | 0.85 |
| Annesi, J. J. (2003). Sex differences in relations of cardiorespiratory and mood changes associated with self-selected amounts of cardiovascular exercise. *Psychological Reports, 93*(3 Pt 2), 1339-1346. | Pre *n* = 22  Post *n* =22  Age 33 (9.2)  0% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 25 | 0.35 |
| Pre *n* = 22  Post *n* =22  Age 34 (8.3)  100% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 25 | 0.31 |
| Arao, T., Oida, Y., Maruyama, C., Mutou, T., Sawada, S., Matsuzuki, H., et al. (2007). Impact of lifestyle intervention on physical activity and diet of Japanese workers. *Preventive Medicine, 45*, 146-152. | Pre *n* = 72  Post *n* =72  Age 53.9 (3.6)  BMI 24.7 (2.3) | Number of intervention sessions = 6  Minutes/session = 10  Duration of Intervention (days) = 183  Recommended walking and low intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 1.00 |
| Pre *n* = 57  Post *n* =57  Age 54.9 (5)  BMI 24.6 (2.5) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.27 |
| Bassey, E. J., Patrick, J. M., Irving, J. M., Blecher, A., & Fentem, P. H. (1983). An unsupervised "aerobics" physical training programme in middle-aged factory workers: Feasibility, validation and response. *European Journal of Applied Physiology, 52*, 120-125. | Pre *n* = 29  Post *n* =29  Age 57.9  49% female  Weight 68.1 | Number of intervention sessions = 5  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and low intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.50 |
| Blair, S. N., Smith, M., Collingwood, T. R., Reynolds, R., Prentice, M. C., & Sterling, C. L. (1986). Health promotion for educators: impact on absenteeism. *Preventive Medicine, 15*(2), 166-175. | Pre *n* = 2519  Post *n* =2519  Age 41.4  79% female  Weight 69.9 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 70  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.36 |
| Blumenthal, J. A., Emery, C. F., Madden, D. J., Coleman, R. E., Riddle, M. W., Schniebolk, S., et al. (1991). Effects of exercise training on cardiorespiratory function in men and women older than 60 years of age. *American Journal of Cardiology, 67*(7), 633-639. | Pre *n* = 31  Post *n* =26  Age 66.8 (4.3)  53% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.55 |
| Pre *n* = 34  Post *n* =27  Age 67.8 (5.9)  50% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.27 |
| Pre *n* = 32  Post *n* =28  Age 66.5 (4.3)  48% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.57 |
| Byrne, N. M., Meerkin, J. D., Laukkanen, R., Ross, R., Fogelholm, M., & Hills, A. P. (2006). Weight loss strategies for obese adults: personalized weight management program vs. standard care. *Obesity, 14*(10), 1777-1788. | Pre *n* = 41  Post *n* =41  Age 37.6 (4.4)  51% female  BMI 29.3 (1.6) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.45 |
| Pre *n* = 33  Post *n* =33  Age 38.6 (4.8)  55% female  BMI 29.3 (1.8) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.25 |
| Carels, R. A., Darby, L. A., Rydin, S., Douglass, O. M., Cacciapaglia, H. M., & O'Brien, W. H. (2005). The relationship between self-monitoring, outcome expectancies, difficulties with eating and exercise, and physical activity and weight loss treatment outcomes. *Annals of Behavioral Medicine, 30*(3), 182-190. | Pre *n* = 53  Post *n =* 53  Age 43.4 (9.37)  83% female  BMI 37.6 (10.4) | Number of intervention sessions = 20  Minutes/session = 67.5  Duration of Intervention (days) = 183  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.44 |
| Carels, R. A., Darby, L., Cacciapaglia, M., Douglass, O. M., Harper, J., Kaplar, M. E., Konrad, K., Rydin, S., Tonkin, K. (2005). Applying a stepped-care approach to the treatment of obesity. *Journal of Psychosomatic Research, 59*, 375-383. | Pre *n* = 20  Post *n =* 20  Age 48.3 (7.9)  91% female  Weight 97.3 | Number of intervention sessions = 20  Minutes/session = 75  Duration of Intervention (days) = 168  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.82 |
| Cisar, C. J., Thorland, W. G., Johnson, G. O., & Housh, T. J. (1986). The effect of endurance training on metabolic responses and the prediction of distance running performance. *Journal of Sports Medicine & Physical Fitness, 26*(3), 234-240. | Pre *n* = 32  Post *n* =32  Age 26.26 (5.87)  Weight 72.7 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 98  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.34 |
| Coleman, K. J., Raynor, H. R., Mueller, D. M., Cerny, F. J., Dorn, J. M., & Epstein, L. H. (1999). Providing sedentary adults with choices for meeting their walking goals. *Preventive Medicine, 28*(5), 510-519. | Pre *n* = 10  Post *n* =10  Age 40.6 (9.5)  90% female  BMI 25 (3.14) | Number of intervention sessions = 16  Minutes/session = 22.5  Duration of Intervention (days) = 112  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 6  Recommended duration (minutes/session) = 30 | 0.46 |
| Pre *n* = 11  Post *n* =11  Age 41.1 (8.9)  82% female  BMI 26 (4.5) | Number of intervention sessions = 16  Minutes/session = 22.5  Duration of Intervention (days) = 112  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 6  Recommended duration (minutes/session) = 10 | 0.77 |
| Pre *n* = 11  Post *n* =11  Age 38.1 (7.6)  82% female  BMI 26.4 (4.1) | Number of intervention sessions = 16  Minutes/session = 22.5  Duration of Intervention (days) = 112  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 6  Recommended duration (minutes/session) = 5 | 0.34 |
| Copeland, S. R., Mills, M. C., Lerner, J. L., Crizer, M. F., Thompson, C. W., & Sullivan, J. M. (1996). Hemodynamic effects of aerobic versus resistance exercise. *Journal of Human Hypertension, 10*(11), 747-753. | Pre *n* = 10  Post *n* =10  Age 27.2 (1.4)  0% female | Number of intervention sessions = 2  Minutes/session = N/A  Duration of Intervention (days) = 21  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 30 | 0.56 |
| Costanzo, C., Walker, S. N., Yates, B. C., McCabe, B., & Berg, K. (2006). Physical activity counseling for older women. *Western Journal of Nursing Research, 28*(7), 786-801. | Pre *n* = 21  Post *n* =21  Age 54 (4.01)  100% female | Number of intervention sessions = 5  Minutes/session = 30  Duration of Intervention (days) = 63  Recommended episodic endurance exercise, flexibility and resistance exercise, and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.44 |
| Pre *n* = 25  Post *n* =25  Age 55 (3.87)  100% female | Number of intervention sessions = 1  Minutes/session = 30  Duration of Intervention (days) = 1  Recommended episodic endurance exercise, flexibility and resistance exercise, and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.06 |
| Craft, L., Freund, K. M., Culpepper, L., & Perna, F. M. (2007). Intervention study of exercise for depressive symptoms in women. *Journal of Women's Health, 16*(10), 1499-1509. | Pre *n* = 16  Post *n =* 12  Age 37.4 (10.8)  100% female  BMI 35.6 (13.6) | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended waslking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.13 |
| Dallow, C. B., & Anderson, J. (2003). Using self-efficacy and a transtheoretical model to develop a physical activity intervention for obese women. *American Journal of Health Promotion, 17*(6), 373-381. | Pre *n* = 29  Post *n =* 12  Age 46 (9.8)  100% female  BMI 34 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 168  Recommended any episodic endurance exercise, flexibility exercise, and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 40 | 0.01 |
| DeBusk, R. F., Stenestrand, U., Sheehan, M., & Haskell, W. L. (1990). Training effects of long versus short bouts of exercise in healthy subjects. *American Journal of Cardiology, 65*(15), 1010-1013. | Pre *n* = 18  Post *n* =18  Age 51 (6)  0% female  Weight 81.8 | Number of intervention sessions = 4  Minutes/session = N/A  Duration of Intervention (days) = 42  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.75 |
| Pre *n* = 18  Post *n* =18  Age 52 (6)  0% female  Weight 84.7 | Number of intervention sessions = 4  Minutes/session = N/A  Duration of Intervention (days) = 42  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 10 | 0.72 |
| Decker, E. B. (2007). *Physician interventions combined with a pedometer-driven walking program to increase physical activity.* (Master’s thesis), Utah State University, Logan UT. | Pre *n* = 20  Post *n =* 13  Age36.7 (10.41)  100% female  BMI 32.65 (4.55) | Number of intervention sessions = 4  Minutes/session = N/A  Duration of Intervention (days) = 56  Recommended walking, flexibility and resistance exercise, and low intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = N/A | 0.61 |
| Pre *n* = 19  Post *n =* 10  Age 36.72 (8.6)  100% female  BMI 32.48 (4.12) | Number of intervention sessions = 4  Minutes/session = N/A  Duration of Intervention (days) = 56  Did not recommend specific type of exercise  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.07 |
| Dubbert, P. M., Morey, M. C., Kirchner, K. A., Meydrech, E. F., & Grothe, K. (2008). Counseling for home-based walking and strength exercise in older primary care patients. *Archives of Internal Medicine, 168*(9), 979-986. | Pre *n* = 104  Post *n* =104  Age 72.64 (5.96)  0% female  BMI 29.36 (5.82) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 305  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.04 |
| Pre *n* = 120  Post *n* =120  Age 71.68 (5.57)  0% female  BMI 28.76 (3.55) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 305  Recommended walking, flexibility and resistance exercise, and low intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 25 | 0.16 |
| Duncan G. E., Anton S. D., Sydeman S. J., Newton R. L., Corsica J. A., Durning P. E., et al. (2005). Prescribing exercise at varied levels of intensity and frequency: a randomized trial. *Archives of Internal Medicine, 165*(20), 2362-2369. | Pre *n* = 102  Post *n* =102  Age 49.4  63% female  BMI 28.2 | Number of intervention sessions = 18  Minutes/session = N/A  Duration of Intervention (days) = 732  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 10 | 0.14 |
| Pre *n* = 107  Post *n* =107  Age 48.3  64% female  BMI 28.25 | Number of intervention sessions = 18  Minutes/session = N/A  Duration of Intervention (days) = 732  Recommended walking and low intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 10 | 0.12 |
| Pre *n* = 97  Post *n* =97  Age 39.7  69% female  BMI 28.15 | Number of intervention sessions = 18  Minutes/session = N/A  Duration of Intervention (days) = 732  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 10 | 0.11 |
| Pre *n* = 93  Post *n* =93  Age 47.9  60% female  BMI 28.75 | Number of intervention sessions = 18  Minutes/session = N/A  Duration of Intervention (days) = 732  Recommended walking and low intensity.  Recommended frequency = N/A  Recommended duration (minutes/session) = 10 | 5.08 |
| Pre *n* = 93  Post *n* =93  Age 49.15  63% female  BMI 26.85 | Number of intervention sessions = 9  Minutes/session = N/A  Duration of Intervention (days) = 732  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = N/A | 0.07 |
| Eddy, J. M., Eynon, D., Nagy, S., & Paradossi, P. J. (1990). Impact of a physical fitness program in a blue-collar workforce. *Health Values, 14*(6), 14-23. | Pre *n* = 126  Post *n* =126  9% female  Weight 84.8 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.90 |
| Engels, H.-J., Gretebeck, R. J., Gretebeck, K. A., & Jimenez, L. (2005). Promoting healthful diets and exercise: efficacy of a 12-week after-school program in urban African Americans. *Journal of the American Dietetic Association, 105*(3), 455-459. | Pre *n* = 25  Post *n* =25  Age 40.6 (7.7.)  100% female  BMI 30.5 (8.8) | Number of intervention sessions = 48  Minutes/session = 67.5  Duration of Intervention (days) = 84  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.75 |
| Foreyt, J. P., Goodrick, G. K., Reeves, R. S., Raynaud, A. S., Darnell, L., Brown, A. H., et al. (1993). Response of free-living adults to behavioral treatment of obesity: Attrition and compliance to exercise. *Behavior Therapy, 24*, 659-669. | Pre *n* = 28  Post *n =* 28  Weight 93.92 (20.83) | Number of intervention sessions = 23  Minutes/session = 60  Duration of Intervention (days) = 365  Recommended walking and high intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 45 | 0.47 |
| Pre *n* = 24  Post *n =* 24  Weight 97.6 (25.48) | Number of intervention sessions = 23  Minutes/session = 60  Duration of Intervention (days) = 365  Recommended walking and high intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 45 | 0.11 |
| Furuki, K., Honda, S., Jahng, D., Ikeda, M., & Okubo, T. (1999). The effects of a health promotion program on body mass index. *Journal of Occupational Health, 41*, 19-26. | Pre *n* = 375  Post *n* =375  Age 40.2 (8.9)  0% female  BMI 22.2 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended walking and low intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.00 |
| Pre *n* = 101  Post *n* =101  Age 41.1 (7.9)  100% female  BMI 21.15 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended walking and low intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.00 |
| Gordon, N. F., Scott, C. B., & Levine, B. D. (1997). Comparison of single versus multiple lifestyle interventions: are the antihypertensive effects of exercise training and diet-induced weight loss additive? *American Journal of Cardiology, 79*(6), 763-767. | Pre *n* = 14  Post *n* =14  Age 50 (8)  Weight 101.9 (23) | Number of intervention sessions = 7  Minutes/session = 10  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 37.5 | 0.54 |
| Pre *n* = 19  Post *n* =19  Age 49 (8)  Weight 92.7 (14) | Number of intervention sessions = 7  Minutes/session = 10  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 37.5 | 0.62 |
| Gyntelberg, F., Rennie, M. J., Hickson, R. C., & Holloszy, J. O. (1977). Effect of training on the response of plasma glucagon to exercise. *Journal of Applied Physiology: Respiratory, Environmental & Exercise Physiology, 43*(2), 302-305. | Pre *n* = 8  Post *n =* 8  13% female  Weight 83.8 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 40 | 1.00 |
| Hageman, P. A., Walker, S. N., & Pullen, C. H. (2005). Tailored versus standard internet-delivered interventions to promote physical activity in older women. *Journal of Geriatric Physical Therapy, 28*(1), 28-33. | Pre *n* = 13  Post *n =* 13  100% female | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 61  Did not recommend specific type of exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.10 |
| Pre *n* = 15  Post *n =* 15  100% female | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 61  Did not recommend specific type of exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.24 |
| Hellerstein, H. K. (1969). The effects of physical activity: patients and normal coronary prone subjects. *Minnesota Medicine, 52*(8), 1335-1341. | Pre *n* = 37  Post *n =* 37  0% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.88 |
| Pre *n* = 7  Post *n =* 7  0% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | 0.22 |
| Pre *n* = 5  Post *n =* 5  0% female | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 60 | -0.03 |
| Hendriksen, I. J. M., Zuiderveld, B., Kemper, H. C. G., & Bezemer, P. D. (2000). Effect of commuter cycling on physical performance of male and female employees. *Medicine and Science in Sports and Exercise, 32*(2), 504-510. | Pre *n* = 43  Post *n* =42  Age 38.6 (6.4)  0% female  BMI 24 (3.1) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.41 |
| Pre *n* = 15  Post *n* =15  Age 36.3 (6.9)  100% female  BMI 25 (4.7) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.50 |
| Holloszy, J. O., Skinner, J. S., Toro, G., & Cureton, T. K. (1964). Effects of a six month program of endurance exercise on the serum lipids of middle-aged men. *The American Journal of Cardiology, 14*, 753-760. | Pre *n* = 12  Post *n =* 12  Age 42.5 (10.1)  0% female  Weight 79.68 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 1.18 |
| Jakicic, J. M., Wing, R. R., Butler, B. A., & Robertson, R. J. (1995). Prescribing exercise in multiple short bouts versus one continuous bout: effects on adherence, cardiorespiratory fitness, and weight loss in overweight women. *International Journal of Obesity & Related Metabolic Disorders: Journal of the International Association for the Study of Obesity, 19*(12), 893-901. | Pre *n* = 24  Post *n =* 24  Age 40.9 (7.3)  100% female  BMI 33.8 (4.7) | Number of intervention sessions = 20  Minutes/session = N/A  Duration of Intervention (days) = 140  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 40 | 0.27 |
| Pre *n* = 24  Post *n =* 24  Age 40.4 (5.9)  100% female  BMI 34.1 (3.5) | Number of intervention sessions = 20  Minutes/session = N/A  Duration of Intervention (days) = 140  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 40 | 0.23 |
| Jakicic, J. M., Marcus, B. H., Gallagher, K. I., Napolitano, M., & Lang, W. (2003). Effect of exercise duration and intensity on weight loss in overweight, sedentary women: a randomized trial. *Journal of the American Medical Association, 290*(10), 1323-1330. | Pre *n* = 49  Post *n =* 49  Age 38.3 (5.4)  100% female  BMI 32.8 (3.9) | Number of intervention sessions = 50  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended walking and high intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 40 | 1.05 |
| Pre *n* = 48  Post *n =* 48  Age 36.8 (5.3)  100% female  BMI 32.2 (3.9) | Number of intervention sessions = 50  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 60 | 0.74 |
| Pre *n* = 49  Post *n =* 49  Mean age 36.8 (6)  100% female  Mean BMI 32.8 (4.3) | Number of intervention sessions = 50  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 40 | 0.59 |
| Pre *n* = 50  Post *n =* 50  Age 35.9 (5.7)  100% female  BMI 32.8 (4.6) | Number of intervention sessions = 50  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended walking and high intensity  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.91 |
| Jette, M., Bishop, D., & Baron, R. (1981). Effects of Project Health on the lifestyle of senior government officials. *Canadian Journal of Public Health, 72*(2), 97-99. | Pre *n* = 29  Post *n* =25  Age 46 (7)  0% female  Weight 78.3 (10) | Number of intervention sessions = 8  Minutes/session = N/A  Duration of Intervention (days) = 112  Recommended walking.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.51 |
| Katoh, J., Hara, Y., & Narutaki, K. (1994). Cardiorespiratory effects of weight reduction by exercise in middle-aged women with obesity. *Journal of International Medical Research, 22*, 160-164. | Pre *n* = 14  Post *n* =14  Age 50.2  100% female  BMI 32.4 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 30 | 0.73 |
| Kiens, B., Lithell, H., & Vessby, B. (1984). Further increase in high density lipoprotein in trained males after enhanced training. *European Journal of Applied Physiology & Occupational Physiology, 52*(4), 426-430. | Pre *n* = 6  Post *n* =6  0% female  Weight 71.8 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.85 |
| Kinmonth, A. L., Wareham, N. J., Hardeman, W., Sutton, S., Prevost, A. T., Fanshawe, T., et al. (2008). Efficacy of a theory-based behavioural intervention to increase physical activity in an at-risk group in primary care (ProActive UK): a randomised trial. *Lancet, 371*(9606), 41-48. | Pre *n* = 103  Post *n* = 103  BMI 27.7 (4.6) | Number of intervention sessions = 15  Minutes/session = N/A  Duration of Intervention (days) = 365  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.10 |
| Pre *n* = 107  Post *n* =107  BMI 27.8 (5.2) | Number of intervention sessions = 15  Minutes/session = N/A  Duration of Intervention (days) = 365  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.14 |
| Pre *n* = 111  Post *n* =111  BMI 27.8 (5.2) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.01 |
| Kukkonen-Harjula, K., Hiilloskorpi, H., Manttari, A., Pasanen, M., Parkkari, J., Suni, J., et al. (2007). Self-guided brisk walking training with or without poles: a randomized-controlled trial in middle-aged women. *Scandinavian Journal of Medicine & Science in Sports, 17*(4), 316-323. | Pre *n* = 52  Post *n* =52  100% female  BMI 25.1 (2.7) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 91  Recommended endurance and flexibility exercise, and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 48 | 0.58 |
| Pre *n* = 49  Post *n* =49  100% female  BMI 26.2 (2.7) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 91  Recommended walking, flexibility exercise, and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 48 | 0.68 |
| Lamb, S. E., Bartlett, H. P., Ashley, A., & Bird, W. (2002). Can lay-led walking programmes increase physical activity in middle aged adults? A randomised controlled trial. *Journal of Epidemiology and Community Health, 56*, 246-252. | Pre *n* = 129  Post *n =* 129  BMI 26.4 (4.02) | Number of intervention sessions = 1  Minutes/session = 30  Duration of Intervention (days) = 1  Recommended any episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.21 |
| Pre *n* = 131  Post *n =* 131  BMI 25.8 (3.91) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended walking and moderate intensity  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.11 |
| Leaf, D. A., & Reuben, D. B. (1996). "Lifestyle" interventions for promoting physical activity: a kilocalorie expenditure-based home feasibility study. *American Journal of the Medical Sciences, 312*(2), 68-75. | Pre *n* = 19  Post *n =* 19  Age 71.2 (4.5)  75% female  Weight 75.2 (13) | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 70  Recommended walking.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = N/A | 0.40 |
| Leaf, D. A., Parker, D. L., & Schaad, D. (1997). Changes in VO2max, physical activity, and body fat with chronic exercise: effects on plasma lipids. *Medicine and Science in Sports and Exercise, 29*(9), 1152-1159. | Pre *n* = 76  Post *n* =34  Age 43.4 (9.7)  0% female  BMI 24.4 (3.1) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 30 | 0.27 |
| Leibtseder, V., Strauss-Blasche, G., Ekmekcioglu, C., & Marktl, W. (2004). Does aerobic training improve mental stress tolerance in job situations? *Journal of Sports Medicine & Physical Fitness, 44*(4), 404-410. | Pre *n* = 11  Post *n =* 11  Age 22.9 (3.1)  BMI 21.81 (1.2) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended low intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 30 | 0.05 |
| Pre *n* = 16  Post *n =* 16  Age 22.5 (2.4)  BMI 20.41 (2.51) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended low intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 30 | 0.63 |
| Macfarlane, D. J., Taylor, L. H., & Cuddihy, T. F. (2006). Very short intermittent vs continuous bouts of activity in sedentary adults. *Preventive Medicine, 43*, 332-336. | Pre *n* = 25  Post *n* =25  Age 47.7 (7.2)  72% female  BMI 24.6 (4) | Number of intervention sessions = 11  Minutes/session = N/A  Duration of Intervention (days) = 56  Recommended episodic endurance exercise and low intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes/session) = 30 | 0.26 |
| Pre *n* = 20  Post *n* =20  Age 49.8 (6.5)  60% female  BMI 25.1 (3.8) | Number of intervention sessions = 11  Minutes/session = N/A  Duration of Intervention (days) = 56  Recommended low intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes/session) = 60 | 0.21 |
| MacKeen, P. C., Franklin, B. A., Nicholas, W. C., & Buskirk, E. R. (1983). Body composition, physical work capacity and physical activity habits at 18-month follow-up of middle-aged women participating in an exercise intervention program. *International Journal of Obesity, 7*(1), 61-71. | Pre *n* = 21  Post *n =* 21  100% female  Weight 67.42 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Did not recommend specific type of exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.19 |
| McAuley, E., Lox, C., & Duncan, T. E. (1993). Long-term maintenance of exercise, self-efficacy, and physiological change in older adults. *Journal of Gerontology, 48*(4), P218-224. | Pre *n* = 81  Post *n =* 44  Age 54  51% female  Weight 81.99 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.20 |
| Melanson, K. J., Dell'Olio, J., Carpenter, M. R., & Angelopoulos, T. J. (2004). Changes in multiple health outcomes at 12 and 24 weeks resulting from 12 weeks of exercise counseling with or without dietary counseling in obese adults. *Nutrition, 20*(10), 849-856. | Pre *n* = 19  Post *n =* 19  Age 42.3  85% female  BMI 30.6 | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = N/A | 0.15 |
| Pre *n* = 22  Post *n =* 22  Age 43  86% female  BMI 31.8 | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = N/A | 0.43 |
| Mensink, M., Blaak, E. E., Corpeleijn, E., Saris, W. H., de Bruin, T. W., & Feskens, E. J. (2003). Lifestyle intervention according to general recommendations improves glucose tolerance. *Obesity Research, 11*(12), 1588-1596. | Pre *n* = 59  Post *n* =48  Age 57.8  42% female  BMI 29.3 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.04 |
| Modra, A., & Black, D. R. (1999). Peer-led minimal intervention: An exercise approach for elderly women. [Eligibility to be determined, check status field for further info.]. *American Journal of Health Behavior, 23*(1), 52-60. | Pre *n* = 7  Post *n =* 7  100% female  Weight 69.55 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.77 |
| Nelson, M. S. (2000). *A stage matched physical activity intervention in military primary care.* (Doctoral dissertation). University of Maryland, Baltimore, MD. | Pre *n* = 26  Post *n =* 26  Age 31.9 (7.8)  58% female  BMI 25 (3.7) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 122  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.24 |
| Pre *n* = 23  Post *n =* 23  Age 30.4 (5.9)  63% female  BMI 25.8 (4.5) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.18 |
| Newton, R. L., Jr., & Perri, M. G. (2004). A randomized pilot trial of exercise promotion in sedentary African-American adults. *Ethnicity & Disease, 14*(4), 548-557. | Pre *n* = 8  Post *n =* 8  Age 47.3 (7.4)  BMI 30.18 (8.58) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.14 |
| Pre *n* = 12  Post *n =* 12  Age 44 (7)  BMI 32.02 (4.94) | Number of intervention sessions = 10  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.37 |
| Pre *n* = 11  Post *n =* 11  Age 45 (7.8)  BMI 31.6 (7.17) | Number of intervention sessions = 10  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.11 |
| Nieman, D. C., Haig, J. L., Fairchild, K. S., De Guia, E. D., Dizon, G. P., & Register, U. (1990). Reducing-diet and exercise-training effects on serum lipids and lipoproteins in mildly obese women. *American Journal of Clinical Nutrition, 52*, 640-645. | Pre *n* = 10  Post *n =* 10  Age 38  100% female  BMI 30.1 | Number of intervention sessions = 23  Minutes/session = N/A  Duration of Intervention (days) = 35  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.18 |
| Nisbeth, O., Klausen, K., & Andersen, L. B. (2000). Effectiveness of counselling over 1 year on changes in lifestyle and coronary heart disease risk factors. *Patient Education & Counseling, 40*(2), 121-131. | Pre *n* = 29  Post *n* =22  Age 32.5 (6)  0% female  BMI 23.9 (2.4) | Number of intervention sessions = 2  Minutes/session = 15  Duration of Intervention (days) = 152.5  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = N/A | 0.51 |
| Noland, M. P. (1989). The effects of self-monitoring and reinforcement on exercise adherence. *Research Quarterly for Exercise & Sport, 60*(3), 216-224. | Pre *n* = 15  Post *n =* 15 | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 63  Recommended endurance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 30 | 0.25 |
| Pre *n* = 14  Post *n =*14 | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 63  Recommended endurance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 30 | 0.37 |
| Pre *n* = 9  Post *n =* 9 | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = 63  Recommended endurance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 30 | 0.25 |
| Nye, E. R., Carlson, K., Kirstein, P., & Rossner, S. (1981). Changes in high density lipoprotein subfractions and other lipoproteins by exercise. *Clinica Chimica Acta, 113*(1), 51-57. | Pre *n* = 17  Post *n* =16  Age 37 (4)  0% female  Weight 79.6 (9.5) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended calisthenics and moderate intensity.  Recommended frequency (days/week) = 2  Recommended duration (minutes/session) = 37.5 | 0.87 |
| Okura, T., Nakata, Y., & Tanaka, K. (2003). Effects of exercise intensity on physical fitness and risk factors for coronary heart disease. *Obesity Research, 11*(9), 1131-1139. | Pre *n* = 22  Post *n* =22  Age 51 (6)  100% female  BMI 29 (3.4) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended waslking and low intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = 30 | 1.14 |
| Osteras, H., & Hammer, S. (2006). The effectiveness of a pragmatic worksite physical activity program on maximal oxygen consumption and the physical activity level in healthy people. *Journal of Bodywork and Movement Therapies, 10(1),* 51-7. | Pre *n* = 131  Post *n* =131  Age 41.2 (9.4)  39% female  BMI 24.5 (2.8) | Number of intervention sessions = N/A  Minutes/session = 30  Duration of Intervention (days) = 98  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.21 |
| Ostwald, S. K. (1989). Changing employees' dietary and exercise practices: an experimental study in a small company. *Journal of Occupational Medicine, 31*(2), 90-97. | Pre *n* = 17  Post *n* =17  Weight 75.9 (14.23) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 84  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.55 |
| O'Toole, M. L., Sawicki, M. A., & Artal, R. (2003). Structured diet and physical activity prevent postpartum weight retention. *Journal of Women's Health, 12*(10), 991-998. | Pre *n* = 10  Post *n =* 10  Age 32.3 (4.9)  100% female  BMI 29.9 (2.9) | Number of intervention sessions = 1  Minutes/session = 60  Duration of Intervention (days) = 1  Recommended episodic endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.00 |
| Pre *n* = 13  Post *n =* 13  Age 30.8 (4.2)  100% female  BMI 29.8 (2) | Number of intervention sessions = 23  Minutes/session = N/A  Duration of Intervention (days) = 365  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.88 |
| Patton, J., & et al. (1983). Response of age forty and over military personnel to an unsupervised, self-administered aerobic training program. *Aviation, Space, and Environmental Medicine, 54*(2), 138-143. | Pre *n* = 34  Post *n* =34  0% female  Weight 84 (11.5) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.09 |
| Pre *n* = 44  Post *n* =44  0% female  Weight 83.8 (11.8) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.29 |
| Pre *n* = 39  Post *n* =39  Age 43.5 (2.6)  0% female  Weight 84.6 (10.6) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.09 |
| Pre *n* = 44  Post *n* =44  Age 43.6 (3.1)  0% female  Weight 82.8 (11.1) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.01 |
| Paulev, P. E. (1984). Exercise and risk factors for arteriosclerosis in 42 married couples followed over four years. *Journal of Chronic Diseases, 37*(7), 545-553. | Pre *n* = 21  Post *n =* 21  100% female | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 1460  Recommended endurance exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.87 |
| Pre *n* = 21  Post *n =* 21  100% female | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 1460  Recommended endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 1.09 |
| Pre *n* = 21  Post *n =* 21  0% female | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 1460  Recommended endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.87 |
| Pre *n* = 21  Post *n =* 21  0% female | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 1460  Recommended emdurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.44 |
| Peterson, J. A., Yates, B. C., Atwood, J. R., & Hertzog, M. (2005). Effects of a physical activity intervention for women. *Western Journal of Nursing Research, 27*(1), 93-110. | Pre *n* = 10  Post *n* =10  100% female | Number of intervention sessions = 2  Minutes/session = N/A  Duration of Intervention (days) = 14  Recommended moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = 30 | -0.49 |
| Pre *n* = 10  Post *n* =10  100% female | Number of intervention sessions = 2  Minutes/session = N/A  Duration of Intervention (days) = 14  Recommended moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = 30 | 0.06 |
| Pre *n* = 11  Post *n* =11  100% female | Number of intervention sessions = 12  Minutes/session = 60  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = 30 | 0.24 |
| Perri, M. G., Martin, A. D., Leermakers, E. A., Sears, S. F., & Notelovitz, M. (1997). Effects of group- versus home-based exercise in the treatment of obesity. *Journal of Consulting & Clinical Psychology, 65*(2), 278-285. | Pre *n* = 20  Post *n =* 20  Age 48.9 (4.97)  100% female  BMI 33.1 (2.85) | Number of intervention sessions = 39  Minutes/session = N/A  Duration of Intervention (days) = 364  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes/session) = 30 | 0.92 |
| Perry, C. K., Rosenfeld, A. G., Bennett, J. A., & Potempa, K. (2007). Heart-to-Heart: promoting walking in rural women through motivational interviewing and group support. *Journal of Cardiovascular Nursing, 22*(4), 304-312. | Pre *n* = 22  Post *n* =22  Age 44 (11.2)  100% female  BMI 30 (5.51) | Number of intervention sessions = 4  Minutes/session = 7.5  Duration of Intervention (days) = 84  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.03 |
| Ransdell, L. B., Detling, N., & Hildebrand, K. (2004). Can physical activity interventions change perceived exercise benefits and barriers? *American Journal of Health Studies, 19*(4), 195-204. | Pre *n* = 7  Post *n* =7  Age 44 (6.11)  100% female | Number of intervention sessions = 2  Minutes/session = 60  Duration of Intervention (days) = 7  Recommended episodic endurance exercise, flexibility, and resistance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = N/A | 0.57 |
| Robison, J. I., Rogers, M. A., Carlson, J. J., Mavis, B. E., Stachnik, T., Stoffelmayr, B., et al. (1992). Effects of a 6-month incentive-based exercise program on adherence and work capacity. *Medicine & Science in Sports & Exercise, 24*(1), 85-93. | Pre *n* = 57  Post *n* =57  Age 39.8  30% female  Weight 75.1 | Number of intervention sessions = 15  Minutes/session = 60  Duration of Intervention (days) = 183  Recommended episodic endurance exercise.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 30 | 0.16 |
| Pre *n* = 5  Post *n* =5  Age 35.4  71% female  Weight 73 | Number of intervention sessions = 15  Minutes/session = 60  Duration of Intervention (days) = 183  Recommended episodic endurance exercise.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 30 | 0.78 |
| Romero, Z. (2004). *Use of pedometers to promote improvement in selected physiological measurements in an older female Mexican American population.* (Master’s thesis). University of Texas – PanAmerican, Edinburg, TX. | Pre *n* = 27  Post *n =* 27  Age 66.85 (5.47)  100% female  BMI 32.70 | Number of intervention sessions = 13  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.09 |
| Pre *n* = 28  Post *n =* 28  Age 68.25 (5.66)  100% female  BMI 31.18 (6.26) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.08 |
| Seida, A., Wada, J., Kunitomi, M., Tsuchiyama, Y., Miyatake, N., Fujii, M., et al. (2003). Serum bFGF are reduced in Japanese overweight men and restored by a 6-month exercise education. *International Journal of Obesity, 27*, 1325-1331. | Pre *n* = 30  Post *n* =30  Age 46.3 (7.4)  0% female  BMI 29 (2.2) | Number of intervention sessions = 26  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended walking and low intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes/session) = N/A | 0.77 |
| Sinatra, S. T., Allen, G. J., Camaione, D. N., & Abraham, A. (1990). Effects of continuous passive motion, walking, and a placebo intervention on physical and psychological well-being. *Journal of Cardiopulmonary Rehabilitation, 10*(8), 279-286. | Pre *n* = 11  Post *n* =11  100% female  Weight 78.9 (10.6) | Number of intervention sessions = 12  Minutes/session = 60  Duration of Intervention (days) = 84  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.09 |
| Pre *n* = 15  Post *n* =15  100% female  Weight 75.7 (17.1) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended walking and low intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = N/A | 0.35 |
| Snyder, K. A., Donnelly, J. E., Jacobsen, D. J., Hertner, G., & Jakicic, J. M. (1997). The effects of long-term, moderate intensity, intermittent exercise on aerobic capacity, body composition, blood lipids, insulin and glucose in overweight females. *International Journal of Obesity, 21*, 1180-1189. | Pre *n* = 13  Post *n* =13  Age 43 (11)  100% female  BMI 32.5 (8) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 224  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 15  Recommended duration (minutes/session) = 10 | 0.11 |
| Spate-Douglas T, K. R. E. (1999). Exercise intensity: its effect on the high-density lipoprotein profile. *Archives of Physical Medicine and Rehabilitation, 80*(6), 691-695. | Pre *n* = 13  Post *n* =13  Age 41 (8)  100% female  Weight 76 (19) | Number of intervention sessions = 6  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended waslking and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = N/A | 0.56 |
| Pre *n* = 12  Post *n* =12  Age 38 (8)  100% female  Weight 64 (7) | Number of intervention sessions = 6  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and high intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = N/A | 0.48 |
| Stevenson, D. B. (1990). A Comparison of Group and Individual Physical Training Programs and Their Effect on Mood (Group Physical Training). *Dissertation Abstracts International: Section A: Humanities and Social Sciences, 52*(1), 110. | Pre *n* = 55  Post *n* =55  Age 32.5 (8)  55% female  Weight 71.3 | Number of intervention sessions = 5  Minutes/session = N/A  Duration of Intervention (days) = 70  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 35 | 0.44 |
| Pre *n* = 57  Post *n* =57  Age 34.4 (8.5)  74% female  Weight 68.2 | Number of intervention sessions = 5  Minutes/session = N/A  Duration of Intervention (days) = 70  Recommended episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 35 | 0.41 |
| Sutherland, W. H., & Woodhouse, S. P. (1980). Physical activity and plasma lipoprotein lipid concentrations in men. *Atherosclerosis, 37*(2), 285-292. | Pre *n* = 21  Post *n* =21  Age 34  0% female  Weight 72.7 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 122  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.24 |
| Talvi, A. I., Jarvisalo, J. O., & Knuts, L. R. (1999). A health promotion programme for oil refinery employees: changes of health promotion needs observed at three years. *Occupational Medicine (Oxford), 49*(2), 93-101. | Pre *n* = 210  Post *n* =210  Age 42.6  0% female  BMI 25.9 (3.16) | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended endurance, flexibility, and resistance exercise, and high intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes/session) = 45 | 0.15 |
| Pre *n* = 35  Post *n* =35  Age 42.7  100% female  BMI 25.9 (4.21) | Number of intervention sessions = 3  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended endurance, flexibility, and resistance exercise, and high intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes/session) = 45 | 0.14 |
| Pre *n* = 326  Post *n* =326  Age 40.4  0% female  BMI 25.6 (3.35) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 45 | -0.17 |
| Pre *n* = 52  Post *n* =52  Age 41.1  100% female  BMI 25 (4.36) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 45 | -0.07 |
| Terjung, R. L., Baldwin, K. M., Cooksey, J., Samson, B., & Sutter, R. A. (1973). Cardiovascular adaptation to twelve minutes of mild daily exercise in middle-aged sedentary men and women. *Journal of the American Geriatrics Society, 21*(4), 164-168. | Pre *n* = 15  Post *n* =15  Age 40  0% female  Weight 87.5 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = 5.5 | 0.68 |
| Wilbur, J., Chandler, P., & Miller, A. M. (2001). Measuring adherence to a women's walking program including commentary by Davis GC, Aaronson LS, and Mayo K with author response. *Western Journal of Nursing Research, 23*(1), 8-32. | Pre *n* = 139  Post *n* =139  100% female | Number of intervention sessions = 13  Minutes/session = N/A  Duration of Intervention (days) = 168  Recommended walking and flexibility exercise, and low intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 50 | 0.44 |
| Wilbur, J., Vassalo, A., Chandler, P., McDevitt, J., & Miller, A. M. (2005). Midlife women's adherence to home-based walking during maintenance. *Nursing Research, 54*(1), 33-40. | Pre *n* = 72  Post *n* =72  Age 50.04 (4.89)  100% female | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 168  Recommended walking, flexibility exercise, and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 35 | 0.49 |
| Pre *n* = 18  Post *n* =18  Age 49.5 (4.74)  100% female | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 168  Recommended walking and flexibility exercise, and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes/session) = 35 | 0.05 |
| Wing, R. R., Venditti, E., Jakicic, J. M., Polley, B. A., & Lang, W. (1998). Lifestyle intervention in overweight individuals with a family history of diabetes. *Diabetes Care, 21*(3), 350-359. | Pre *n* = 40  Post *n* =31  Age 45.3 (4.9)  80% female  BMI 36 (5.4) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | -0.08 |
| Wittmann, A. (1998). Body composition in an employee health improvement program. *Collegium Antropologicum, 22*(2), 447-450. | Pre *n* = 56  Post *n* =56  Age 42.97 (8.89)  0% female  Weight 83.9 (12.3) | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes/session) = N/A | 0.26 |

*Note.* Age and anthropometrics expressed as means (SD) when data available; BMI expressed as kilograms/meter2; Weight expressed in kilograms.