Chase & Conn, SDC2

*Table of 2-Group, Treatment Versus Control Physical Activity Intervention Studies Among Healthy Adults*

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| **Citation** | **Sample** | **Intervention** | **Fitness Effect Size** |
| Adams, T. D., Yanowitz, F. G., Chandler, S., Specht, P., Lockwood, R., & Yeh, M. P. (1986). A study to evaluate and promote total fitness among fire fighters. *Journal of Sports Medicine and Physical Fitness, 26*(4), 337-345. | Treatment *n* = 24  Control *n* = 24  Age 41  0% female  Weight 81.48 | Number of intervention sessions = 2  Minutes/session = N/A  Duration of Intervention (days) = 98  Recommended endurance, flexibility and resistance exercise, and high intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes per session) = N/A | 0.82 |
| Byrne, H. K., & Wilmore, J. H. (2001). The effects of a 20-week exercise training program on resting metabolic rate in previously sedentary, moderately obese women. *International Journal of Sport Nutrition and Exercise Metabolism, 11*, 15-31. | Treatment *n =* 9  Control *n =* 9  Age 37.4  100% female  BMI 26.2 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended walking and to moderate intensity  Recommended frequency (days/week) = 3  Recommended duration (minutes/session) = 32 | 0.68 |
| Cavanaugh, D. J. (1982). Acute and chronic effects of exercise on plasma concentrations of prolactin and hematological parameters in women runners age 18-37. *Dissertation Abstracts International: Section A. Humanities and Social Sciences, 43*(8), 2593. | Treatment *n* = 7  Control *n =* 6  Age 26.85  100% female  Weight 56.5 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and to moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 2.57 |
| Davison, R. C. R., & Grant, S. (1995). The physiological effects of a 14 week walking programme on sedentary middle-aged women. *Journal of Sports Sciences, 13*, 24-25. | Treatment *n =* 48  Control *n =* 14  100% female  Weight 67.96 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended walking and to moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes per session) = 30 | 0.37 |
| DeBusk, R. F., Convertino, V. A., Hung, J., & Goldwater, D. (1983). Exercise conditioning in middle-aged men after 10 days of bed rest. *Circulation, 68*(2), 245-250. | Treatment *n* = 6  Control *n* = 6  Age 50 (4)  0% female  Weight 83.3 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes per session) = 30 | 0.54 |
| Eiben, G., Lissner, L. (2006). Health Hunters: An intervention to prevent overweight and obesity in young high-risk women. *International Journal of Obesity, 30*, 691-696. | Treatment *n =* 14  Control *n =* 16  Age 22.5  100% female  BMI 27 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and to moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 30 | 0.00 |
| Elliot, D. L., Goldberg, L., Duncan, T. E., Kuehl, K. S., Moe, E. L., Breger, R. K. R., et al. (2004). The PHLAME firefighters' study: feasibility and findings. *American Journal of Health Behavior, 28*(1), 13-23. | Treatment *n* = 12  Control *n* = 6  Age 46.15  BMI 28.95 | Number of intervention sessions = 10  Minutes/session = N/A  Duration of Intervention (days) = 175  Recommended any episodic endurance exercise, flexibility, and resistance exercise.  Recommended frequency (days/week) 7  Recommended duration (minutes per session) = 30 | 0.20 |
| Treatment *n* = 10  Control *n* = 5  Age 42.25  BMI 27.15 | Number of intervention sessions = 175  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended any episodic endurance exercise, flexibility, and resistance exercise.  Recommended frequency (days/week) = 7  Recommended duration (minutes per session) = 30 | 0.78 |
| Fardy, P., Ilmarinem, J. (1975). Evaluating the effects and feasibility of an at work stairclimbing intervention program for men. *Medicine and Science in Sports, 7*(2), 91-93. | Treatment *n* = 15  Control *n* = 15  Age 35.1  0% female  Weight 74.95 | 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 per session) = N/A | -0.52 |
| Geise, J. M. (1995). *The relation of a health promotion program to the cardiovascular health of fire fighters.* (Unpublished doctoral dissertation). University of California Los Angeles, Los Angeles, CA. | Treatment *n* = 55  Control *n* = 23  Age 34.5  BMI 27 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 1825  Recommended any episodic endurance exercise and resistance exercise, and moderate intensity.  Recommended frequency (days/week) = 2.5  Recommended duration (minutes per session) = 90 | 1.76 |
| Treatment *n* = 112  Control *n =* 22  Age 35  BMI 27.5 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 730  Recommended any episodic endurance exercise and resistance exercise, and moderate intensity.  Recommended frequency (days/week) = 2.5  Recommended duration (minutes per session) = 90 | 1.13 |
| Gettman, L., Pollock, M., & Ward, A. (1983). Adherence to unsupervised exercise. *The Physician and Sportsmedicine, 11*, 56-64. | Treatment *n* = 11  Control *n* = 7  Age 40.6  0% female  Weight 93.2 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 140  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 1.09 |
| Gillett, P. A., Caserta, M. S., White, A. T., & Martinson, L. Responses of 49- to 59-year-old sedentary, overweight women to four months of exercise conditioning and/or fitness education. *Activities, Adaptation & Aging 1995; 19(4): 13-22*. | Treatment *n =* 52  Control *n =* 23  100% female  BMI 32.55 | Number of intervention sessions = 16  Minutes/session = 60  Duration of Intervention (days) = 112  Recommended moderate intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes per session) = 22.8 | 0.58 |
| Gillett, P. A., & Caserta, M. S. (1996). Changes in aerobic power, body composition, and exercise adherence in obese, postmenopausal women six months after exercise training. *Menopause, 3*(3), 126-132. | Treatment *n* = 37  Control n = 8  100% female  BMI 32.3 | Number of intervention sessions = 16  Minutes/session = 60  Duration of Intervention (days) = 112  Recommended moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 21.25 | 0.14 |
| Treatment *n* = 44  Control *n* = 9  100% women  BMI 31.55 | Number of intervention sessions = 16  Minutes/session = 60  Duration of Intervention (days) = 112  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.93 |
| Gossard, D., Haskell, W. L., Taylor, C. B., Mueller, J. K., Rogers, F., Chandler, M., et al. (1986). Effects of low- and high-intensity home-based exercise training on functional capacity in healthy middle-aged men. *American Journal of Cardiology, 57*(6), 446-449. | Treatment *n* = 20  Control *n* = 10  0% female | Number of intervention sessions = 6  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 52 | 1.07 |
| Treatment *n* = 23  Control *n* = 10 | Number of intervention sessions = 6  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 37 | 1.38 |
| Hamdorf, P. A., Withers, R. T., Penhall, R. K., & Plummer, J. L. (1993). A follow-up study on the effects of training on the fitness and habitual activity patterns of 60- to 70-year-old women. *Archives of Physical Medicine and Rehabilitation, 74*(5), 473-477. | Treatment *n* = 27  Control *n* = 31  Mean age 64.6  100% female  Weight 65.25 | 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 per session) = N/A | 0.60 |
| Hardman, A. E., Jones, P. R., Norgan, N. G., & Hudson, A. (1992). Brisk walking improves endurance fitness without changing body fatness in previously sedentary women. *European Journal of Applied Physiology & Occupational Physiology, 65*(4), 354-359. | Treatment *n* = 28  Control *n* = 16  Age 44.65  100% female  BMI 23.95 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 35 | 0.45 |
| Hassmen, P., Ceci, R., & Backman, L. (1992). Exercise for older women: a training method and its influences on physical and cognitive performance. *European Journal of Applied Physiology & Occupational Physiology, 64*(5), 460-466. | Treatment *n* = *8*  Control *n* = 7  100% female  Weight 66.35 | 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 per session) = 20 | -0.34 |
| Treatment *n* = 7  Control *n* = 8  100% female  Weight 64.36 | 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 per session) = 20 | -0.86 |
| Hautala, A. J., & Makikallio TH, K. A., Laukkanen RT, Nissila S, Huikaur HV, Tulppo MP. (2004). Heart rate dynamics after controlled training followed by a home-based exercise program. *European Journal of Applied Physiology, 92*, 289-297. | Treatment *n* = 18  Control *n* = 6  Mean age 40 (9)  0% female  BMI 25.05 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes per session) = 45 | 0.00 |
| 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. | Treatment *n* = 41  Control *n* = 43  Age 38.55  0% female  BMI 24.5 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = N/A | 0.51 |
| Treatment *n* = 16  Control *n* = 15  Age 36.7  100% female  BMI 25.5 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = N/A | 0.28 |
| Hivert, M. F., Langlois, M. F., Berard, P., Cuerrier, J. P., & Carpentier, A. C. (2007). Prevention of weight gain in young adults through a seminar-based intervention program. *International Journal of Obesity, 31*(8), 1262-1269. | Treatment *n* = 48  Control *n* = 48  Age 19.7  82% female  BMI 22.4 | Number of intervention sessions = 15  Minutes/session = 45  Duration of Intervention (days) = 640.5  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | .04 |
| Ilmarinen, J., Ilmarinen, R., Koskela, A., Korhonen, O., Fardy, P., Partanen, T., et al. (1979). Training effects of stair-climbing during office hours on female employees. *Ergonomics, 22*(5), 507-516. | Treatment *n* = 26  Control *n* = 8  Age 29.8  100% female  Weight 59.8 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = N/A | 0.12 |
| King, A. C., Talyor, C. B., Haskell, W. L., & DeBusk, R. F. (1989). Influence of regular aerobic exercise on psychological health: A randomized, controlled trial of healthy middle-aged adults. *Health Psychology, 8*(3), 305-324. | Treatment *n* = 29  Control *n* = 14  Age 49 (6)  0% female  Weight 80.1 | Number of intervention sessions = 6.5  Minutes/session = 30  Duration of Intervention (days) = 183  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = N/A | 0.81 |
| Treatment *n* = 28  Control *n* = 14  Age 47 (5)  100% female  Weight 62.75 | Number of intervention sessions = 6.5  Minutes/session = 30  Duration of Intervention (days) = 183  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = N/A | 0.46 |
| King, A. C., Haskell, W. L., Taylor, C. B., Kraemer, H. C., & DeBusk, R. F. (1991). Group- vs home-based exercise training in healthy older men and women. A community-based clinical trial. *Journal of the American Medical Association, 266*(11), 1535-1542. | Treatment *n* = 42  Control *n* = 20  0% female  BMI 27.1 | Number of intervention sessions = 17  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 60 | 0.27 |
| Treatment *n* = 35  Control *n* = 17  100% female  BMI 27.1 | Number of intervention sessions = 17  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 60 | 0.38 |
| Treatment *n* = 45  Control *n* = 21  0% female  BMI 27.05 | Number of intervention sessions = 17  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 30 | 0.41 |
| Treatment *n* = 29  Control *n* = 17  100% female  BMI 26.4 | Number of intervention sessions = 17  Minutes/session = N/A  Duration of Intervention (days) = 365  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 30 | 0.17 |
| King, A. C., & Brassington, G. (1997). Enhancing physical and psychological functioning in older family caregivers: the role of regular physical activity. *Annals of Behavioral Medicine, 19*(2), 91-100. | Treatment *n* = 11  Control *n* = 12  Age 61.7  87% female | Number of intervention sessions = 9  Minutes/session = N/A  Duration of Intervention (days) = 122  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes per session) = 35 | 0.18 |
| Lattanzio, C. N. (2005). Exercise counseling and prescription to improve aerobic fitness in older adults. (Doctoral thesis, The University of Western Ontario, Canada). *ProQuest Dissertations and Theses*, Retrieved from http://search.proquest.com/docview/305372728?accountid=14576. | Treatment *n* = 158  Control *n* = 140  Age 64.9 (7.1)  57% female  BMI 27.85 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 7  Recommended duration (minutes per session) = N/A | 3.62 |
| Lennon, D., Nagle, F., Stratman, F., Shrago, E., & Dennis, S. (1985). Diet and exercise training effects on resting metabolic rate. *International Journal of Obesity, 9*(1), 39-47. | Treatment *n* = 23  Control *n* = 11  Age 35.3  49% female  Weight 89.65 | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended endurance exercise.  Recommended frequency (days/week) = 7  Recommended duration (minutes per session) = 30 | 0.42 |
| Treatment *n* = 20  Control *n* = 11  Age 32.7  45% female  Weight 89.65 | Number of intervention sessions = 12  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended endurance and flexibility exercise.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes per session) = N/A | 0.87 |
| MacKeen, P., Rosenberger, I., Slater, J., Nicholas, W., & Buskirk, E. (1985). A 13 year follow up of a coronary heart disease risk factor screening and exercise programme for 40-59 year old men: Exercise habit maintenance and physiologic status. *Journal of Cardiopulmonary Rehabilitation, 5*, 510-523. | Treatment *n* = 51  Control *n* = 38  0% female  Weight 80.75 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = N/A  Recommended endurance exercise.  Recommended frequency (days/week) =N/A  Recommended duration (minutes per session) = N/A | 0.50 |
| Oden, G., Crouse, S. F., & Reynolds, C. (1989). Worker productivity, job satisfaction, and work-related stress: Influence of an employee fitness program. *Fitness in Business, 3*, 198-204. | Treatment *n* = 23  Control *n* = 22  Age 29.26  81% female  Weight 69.59 | Number of intervention sessions = 2  Minutes/session = N/A  Duration of Intervention (days) = 168  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = N/A | 0.85 |
| Oglesby, B. E., Jr. (1995). Alterations in Metabolic Rate and Substrate Utilization During a Standard Weight Reduction Diet with and without Exercise Intervention. *Dissertation Abstracts International,: Section A: Humanities and Social Science 56*(7), 2568. | Treatment *n* = 5  Control *n* = 3  Age 34.35  100% female  BMI 30.42 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 91.5  Recommended walking.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 3 | 1.52 |
| Treatment *n* = 6  Control *n* = 2  Age 34.95  100% female  BMI 32.07 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 91.5  Recommended walking.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 3 | 2.27 |
| Oldroyd, J. C., Unwin, N. C., White, M., Imrie, K., Mathers, J. C., & Alberti, K. G. (2001). Randomised controlled trial evaluating the effectiveness of behavioural interventions to modify cardiovascular risk factors in men and women with impaired glucose tolerance: outcomes at 6 months. *Diabetes Research & Clinical Practice, 52*(1), 29-43. | Treatment *n* = 35  Control *n* = 31  Age 57.8  43% female BMI 30.15 | Number of intervention sessions = 7  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended any episodic endurance exercise.  Recommended frequency (days/week) = 2.5  Recommended duration (minutes per session) = 25 | 0.12 |
| O'Sullivan, T. L. (2002). A biopsychosocial approach to exercise. *Dissertation Abstracts International: Section A: Humanities and Social Sciences, 63*(10), 3489. | Treatment *n* = 32  Control *n* = 10  Age 56.55  100% women  BMI 28.75 | Number of intervention sessions = 2  Minutes/session = 90  Duration of Intervention (days) = 45.5  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 4.5  Recommended duration (minutes per session) = 55 | 0.15 |
| Treatment *n* = 31  Control *n* = 10  Age 57.5  100% female  BMI 29 | Number of intervention sessions = 2  Minutes/session = 90  Duration of Intervention (days) = 45.5  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.036 |
| Treatment *n* = 30  Control *n* = 11  Age 57.35  100% female  BMI 27.95 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 4.5  Recommended duration (minutes per session) = 55 | 0.27 |
| Page, R., Harnden, K. E., Cook, J. T., & Turner, R. C. (1992). Can life-styles of subjects with impaired glucose tolerance be changed? A feasibility study. *Diabetic Medicine: A Journal of the British Diabetic Association, 9*(6), 562-566. | Treatment *n* = 18  Control *n* = 2  Age 39.5  BMI 27 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 183  Did not recommend a specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.14 |
| Parkkari J., Natri A., Kannus P., Manttari A., Laukkanen R., Haapasalo H., et al. (2000). A controlled trial of the health benefits of regular walking on a golf course. *The American Journal of Medicine, 109*(2), 102-108. | Treatment *n* = 53  Control *n* = 53  Age 55  0% female  BMI 26.5 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and low intensity.  Recommended frequency (days/week) = 2  Recommended duration (minutes per session) = N/A | 0.19 |
| Pierce, P. A. (2001). Effects of a follow-up intervention on the maintenance of physical activity following a fitness course in college-aged women. *Dissertation Abstracts International: Section A: Humanities and Social Sciences, 62*(5), 1774. | Treatment *n* = 44  Control *n* = 43  Age 19.3  100% female  BMI 23.65 | Number of intervention sessions = 10  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 per session) = N/A | 0.52 |
| Plowman, S. A., & Cureton, T. K., Jr. (1973). Training effects in young adult women: A comparison of a continuous rhythmical group program and an individualized "aerobic" type fitness program. *American Corrective Therapy Journal, 27*(5), 145-150. | Treatment *n* = 10  Control *n* = 6  Age 26.75  100% female  Weight 63.78 | 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 per session) = N/A | 0.39 |
| Pohjonen, T., & Ranta, R. (2001). Effects of a worksite physical exercise intervention on physical fitness, perceived health status, and work ability among home care workers: five-year follow-up. *Preventive Medicine, 32(6): 465-75*. | Treatment *n* = 19  Control *n* = 19  Age 42.55  100% female  Weight 68.1 | Number of intervention sessions = 3  Minutes/session = 120  Duration of Intervention (days) = 274.5  Did not recommend specific type of exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.64 |
| Puterbaugh, J. S., & Lawyer, C. H. (1983). Cardiovascular effects of an exercise program: A controlled study among firemen. *Journal of Occupational Medicine, 25*(8), 581-586. | Treatment *n* = 8  Control *n* = 10  0% female  Weight 79.82 (9.02) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 3.5  Recommended duration (minutes per session) = 55 | 0.88 |
| Rhodes, E. C., & Dunwoody, D. (1980). Physiological and attitudinal changes in those involved in an employee fitness program. *Canadian Journal of Public Health Revue Canadienne de Sante Publique, 71*(5), 331-336. | Treatment *n* = 30  Control *n* = 14  Age 33.8  0% female  Weight 79.79 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance and flexibility exercise.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 45 | 0.14 |
| Rogers, F., Juneau, M., Taylor, C. B., Haskell, W. L., Kraemer, H. C., Ahn, D. K., et al. (1987). Assessment by a microprocessor of adherence to home-based moderate-intensity exercise training in healthy, sedentary middle-aged men and women. *American Journal of Cardiology, 60*(1), 71-75. | Treamtent *n* = 27  Control *n* = 25  Age 48 (6)  0% female | Number of intervention sessions = 11  Minutes/session = 7.27  Duration of Intervention (days) = 183  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 52.5 | 0.89 |
| Treatment *n* = 24  Control *n* = 24  Age 47 (5)  100% female | Number of intervention sessions = 11  Minutes/session = 7.27  Duration of Intervention (days) = 183  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 52.5 | 0.66 |
| Shields, C. L. (2001). The effects of a moderate physical activity program on heat tolerance in men. *Masters Abstracts International, 40*(3), 696. | Treatment *n* *=* 8  Control *n* = 4  Age 24 (6)  0% female  BMI 25.3 (3.2) | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended any episodic endurance exercise and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.41 |
| Stensel, D. J., Brooke-Wavell, K., Hardman, A. E., Jones, P. R., & Norgan, N. G. (1994). The influence of a 1-year programme of brisk walking on endurance fitness and body composition in previously sedentary men aged 42-59 years. *European Journal of Applied Physiology & Occupational Physiology, 68*(6), 531-537. | Treatment *n* = 24  Control *n* = 18  Age 50.95  0% female  BMI 25.2 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommend walking and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 42.5 | 1.20 |
| Suter, E., Marti, B., & Gutzwiller, F. (1994). Jogging or walking--comparison of health effects. *Annals of Epidemiology, 4*(5), 375-381. | Treatment *n* = 28  Control *n* = 9  Age 40.9  0% female  BMI 24.9 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended endurance exercise and high intensity.  Recommended frequency (days/week) = 4  Recommended duration (minutes per session) = 30 | 1.10 |
| Treatment *n* = 28  Control *n* = 10  Age 42.15  0% female  BMI 24.9 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 183  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 6  Recommended duration (minutes per session) = 30 | 0.49 |
| Svendsen, O. L., Hassager, C., & Christiansen, C. (1994). Six months' follow-up on exercise added to a short-term diet in overweight postmenopausal women--effects on body composition, resting metabolic rate, cardiovascular risk factors and bone. *International Journal of Obesity & Related Metabolic Disorders: Journal of the International Association for the Study of Obesity, 18*(10), 692-698. | Treatment *n* = 47  Control *n* = 16  100% female  Weight 77.35 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommended any episodic endurance exercise.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = N/A | 0.67 |
| Tanaka, K., Nakadomo, F., Kitao, H., Watanabe, H., & Sumida, S. (1991). Physiologic status at 1-year follow-up of obese women engaged in a supervised conditioning program. *Annals of Physiological Anthropology, 10*(3), 133-145. | Treatment *n* = 8  Control *n* = 5  Age 42  100% female  Weight 62.7 | 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 per session) = N/A | 2.17 |
| Tully, M. A., Cupples, M. E., Chan, W. S., McGlade, K., & Young, I. S. (2005). Brisk walking, fitness, and cardiovascular risk: A randomized controlled trial in primary care. *Preventive Medicine, 41*(2), 622-628. | Treatment *n* = 17  Control *n* = 9  Age 56.4  58% female  BMI 27.69 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 84  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 30 | 1.40 |
| Uusitalo Al, Laitinen T., Vaisanen S. B., Lansimies E., & R., R. (2002). Effects of endurance training on heart rate and blood pressure variability. *Clinical Physiology and Functional Imaging, 22*(3), 173-179. | Treatment *n* = 59  Control *n* = 53  Age 57.3  0% female  BMI 27 | Number of intervention sessions = 1  Minutes/session = N/A  Duration of Intervention (days) = 1  Recommend endurance exercise and moderate intensity.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 52.5 | 0.178 |
| Vickers, K. S., Patten, C. A., Lewis, B. A., Clark, M. M., Ussher, M., Ebbert, J. O., et al. (2009). Feasibility of an exercise counseling intervention for depressed women smokers. *Nicotine and Tobacco Research, 11*(8), 985-995. | Treatment *n* = 17  Control *n* = 18  Age 41.35  100% female  Weight 74.8 | Number of intervention sessions = 10  Minutes/session = 20  Duration of Intervention (days) = 70  Did not recommend specific type of exercise.  Recommended frequency (days/week) = 5  Recommended duration (minutes per session) = 30 | -0.09 |
| Wilson, L. F. M. (1985). *The effects of an exercise conditioning program on reducing the stress response in nurses.* (Unpublished doctoral dissertation). Wayne State University, Detroit, MI. | Treatment *n* = 20  Control *n* = 13  Age 30.64  100% female  Weight 62.2 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 112  Recommended walking and moderate intensity.  Recommended frequency (days/week) = 3  Recommended duration (minutes per session) = 25 | 0.38 |
| Woolf-May, K., Bird, S., & Owen, A. (1997). Effects of an 18 week walking programme on cardiac function in previously sedentary or relatively inactive adults. *British Journal of Sports Medicine, 31*(1), 48-53. | Treatment *n* = 14  Control *n* = 12  Age 55.48  41% female  Weight 72.03 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 20 | 0.047 |
| Woolf-May K., Kearney E. M., Jones D. W., Davison R. C., Coleman D., & R., B. S. (1998). The effect of two different 18-week walking programmes on aerobic fitness, selected blood lipids and factor XIIa. *Journal of Sports Sciences, 16*(8), 701-710. | Treatment *n* = 16  Control *n* = 8  Age 55.7  30% female  Weight 73.5 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 30 | -0.03 |
| Treatment *n* = 13  Control *n* = 7  Age 56.5  44% female  Weight 72.4 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended endurance exercise and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 12.5 | 0.06 |
| Woolf-May K., Kearney E. M., Owen A., Jones D. W., Davison R. C., & R., B. S. (1999). The efficacy of accumulated short bouts versus single daily bouts of brisk walking in improving aerobic fitness and blood lipid profiles. *Health Education Research, 14*(6), 803-815. | Treatment *n* = 17  Control *n* = 4  Age 54.2  66% female  Weight 74.3 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 30 | 0.34 |
| Treatment *n* = 10  Control *n* = 3  Age 56.2  65% female  Weight 70.4 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 12.5 | 0.01 |
| Treatment *n* = 12  Control *n* = 3  Age 54.5  63% female  Weight 72.25 | Number of intervention sessions = N/A  Minutes/session = N/A  Duration of Intervention (days) = 126  Recommended walking and moderate intensity.  Recommended frequency (days/week) = N/A  Recommended duration (minutes per session) = 7.5 | 0.20 |

*Note.* For studies in which more than one treatment group was present, the control group was divided for effect size calculation. Age and anthropometrics expressed as means (SD) when data available; BMI expressed as kilograms/meter2; Weight expressed in kilograms.