

Citations from electronic database search:

MEDLINE	83
EMBASE	44
Cochrane	25
CINAHL/SportDiscus/PsycInfo	100

Total Citations Downloaded to RefWorks:

Total in RefWorks	252
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Total with Duplicates Excluded (N = 237)



**Full Articles Assessed for Eligibility
after Scanning Titles (N=73)
Citations Excluded after Scanning
Titles (N = 164)**



**Articles Excluded after Full Review (N
= 47)**
Reasons: non experimental (N=8); review
(N= 13); editorial/comment (N=3); only
on precursor to colon cancer (N=4); did
not include 3 levels of exercise (N=9);
other (N=10)



**Articles Included (N=26) plus (N=7)
added at authors discretion**

Total N=33