

Supplementary Material

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Evaluating the Impact of Stair Climbing on Cardiovascular Risk Reduction: A Systematic Review and Meta-analysis

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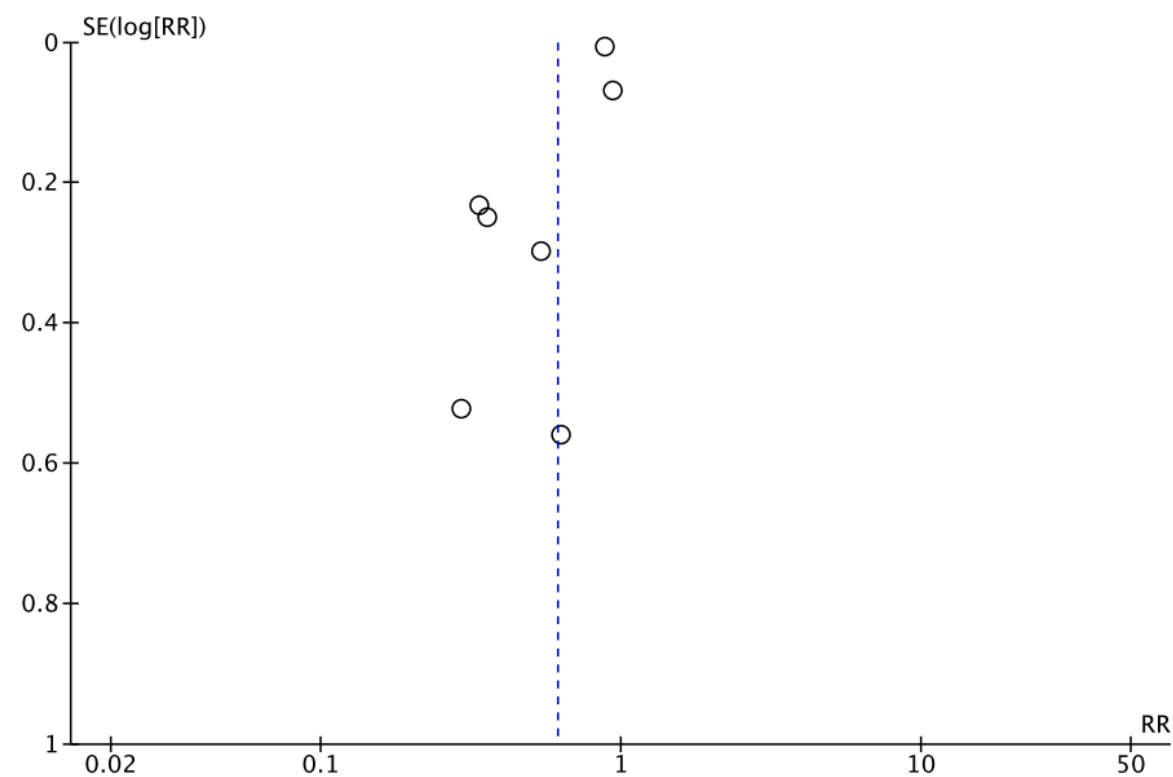
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Supplementary Table 1. Assessment of risk of bias in the included studies using Newcastle-Ottawa Quality Assessment Scale (NOS) for cohort (observational) studies

Study	Selection	Comparability	Outcome	Total	Quality of study
Arafa	***	**	***	8	Good
Haapanen-Niemi	***	**	***	8	Good
Jain	***	**	**	7	Good
Jonelid	**	**	**	6	Fair
Kucharska-Newton	***	**	***	8	Good
Nead	***	**	**	7	Good
Raisi	***	**	***	8	Good
Rey-Lopez	**	**	***	7	Fair
Sesso	**	**	**	6	Fair

Supplementary Figure 1. Funnel plot for cardiovascular mortality



Supplementary Figure 2. Funnel plot for all-cause mortality

