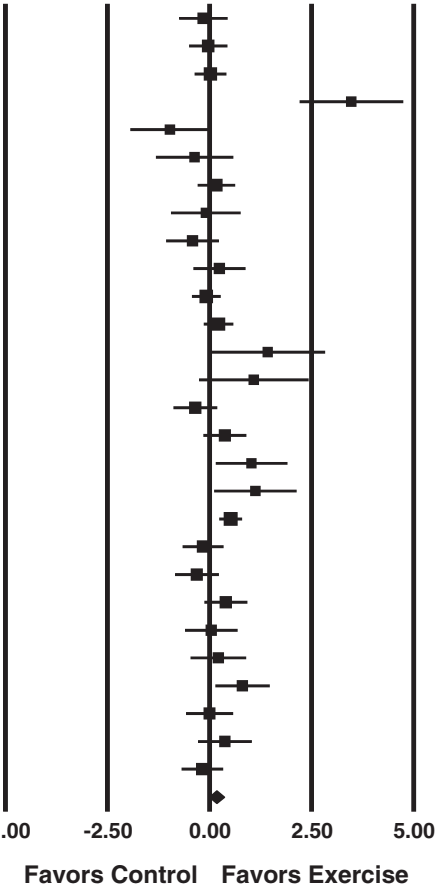Study name	Subgroup within study	Point estimate	Lower limit	Upper limit
Bassey et al., 1998	hrt	-0.151	-0.730	0.429
Bassey et al., 1998	no hrt	-0.030	-0.483	0.423
Bergstrom et al., 2008	None	0.023	-0.350	0.396
Bocalini et al., 2009	None	3.475	2.223	4.727
Brentano et al., 2008	circuit training	-0.970	-1.922	-0.019
Brentano et al., 2008	strength training	-0.367	-1.298	0.565
Brooke-Wavell et al., 1997	None	0.167	-0.278	0.612
Chilibeck et al., 2002	None	-0.091	-0.930	0.749
Choquette et al., 2011	None	-0.417	-1.047	0.212
Englund et al., 2005	None	0.242	-0.381	0.864
Going et al., 2003	hrt	-0.079	-0.416	0.257
Going et al., 2003	no hrt	0.219	-0.127	0.565
Grove & Londeree, 1992	high impact	1.426	0.038	2.814
Grove & Londeree, 1992	low impact	1.084	-0.243	2.412
Hong, 2004	tai chi	-0.349	-0.868	0.170
Hong, 2004	weight training	0.376	-0.134	0.887
Iwamoto et al., 2001	None	1.029	0.166	1.892
Jessup et al., 2003	None	1.124	0.130	2.118
Kemmler et al., 2010	None	0.519	0.254	0.783
Kerr et al., 2001	circuit training	-0.159	-0.645	0.326
Kerr et al., 2001	weight training	-0.310	-0.830	0.209
Marques et al., 2011	None	0.401	-0.110	0.912
Martin & Notelovitz, 1993	30 minutes	0.043	-0.585	0.671
Martin & Notelovitz, 1993	45 minutes	0.215	-0.452	0.882
Nelson et al., 1994	None	0.807	0.154	1.460
Newstead et al., 2004	None	0.000	-0.561	0.561
Rhodes et al., 2000	None	0.379	-0.264	1.021
Wu et al., 2006	None	-0.177	-0.668	0.314
		0.179	-0.003	0.361