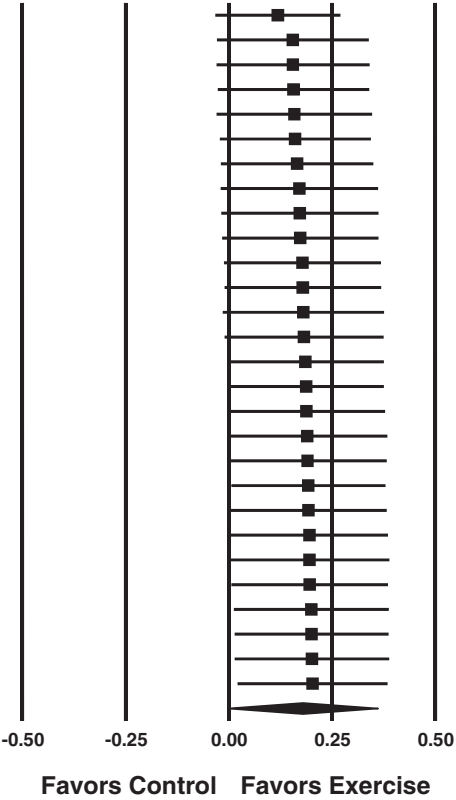Study name	Subgroup within study	Statistics with study removed			
		Point	Lower limit	Upper limit	p-Value
Bocalini et al., 2009	None	0.119	-0.031	0.269	0.119
Iwamoto et al., 2001	None	0.155	-0.027	0.337	0.095
Nelson et al., 1994	None	0.156	-0.028	0.339	0.097
Jessup et al., 2003	None	0.157	-0.025	0.339	0.091
Kemmler et al., 2010	None	0.159	-0.028	0.346	0.095
Grove & Londeree, 1992	high impact	0.161	-0.020	0.342	0.082
Grove & Londeree, 1992	low impact	0.165	-0.017	0.348	0.076
Marques et al., 2011	None	0.171	-0.018	0.360	0.076
Hong, 2004	weight training	0.172	-0.017	0.361	0.074
Rhodes et al., 2000	None	0.173	-0.015	0.361	0.071
Englund et al., 2005	None	0.178	-0.010	0.367	0.064
Martin & Notelovitz, 1993	45 minutes	0.179	-0.009	0.367	0.062
Going et al., 2003	no hrt	0.181	-0.013	0.374	0.067
Brooke-Wavell et al., 1997	None	0.182	-0.009	0.373	0.061
Martin & Notelovitz, 1993	30 minutes	0.186	-0.003	0.374	0.053
Chilibeck et al., 2002	None	0.188	0.001	0.374	0.049
Newstead et al., 2004	None	0.188	-0.001	0.377	0.051
Bergstrom et al., 2008	None	0.190	-0.002	0.382	0.052
Bassey et al., 1998	no hrt	0.191	0.001	0.381	0.049
Brentano et al., 2008	strength training	0.193	0.008	0.378	0.041
Bassey et al., 1998	hrt	0.193	0.006	0.381	0.044
Kerr et al., 2001	circuit training	0.195	0.007	0.384	0.042
Going et al., 2003	hrt	0.195	0.004	0.387	0.046
Wu et al., 2006	None	0.196	0.008	0.384	0.041
Kerr et al., 2001	weight training	0.200	0.014	0.386	0.035
Choquette et al., 2011	None	0.200	0.016	0.385	0.033
Hong, 2004	tai chi	0.201	0.016	0.387	0.033
Brentano et al., 2008	circuit training	0.203	0.023	0.383	0.027
		0.179	-0.003	0.361	0.054