

Publications identified through database searching **n = 23163**  
Medline = 7868; Embase = 7112; PsycInfo = 397; Scopus = 5022;  
CINAHL = 495; Web of Science = 1243; ASSIA = 45; Cochrane = 848;  
CAB Abstracts = 80; Conference Papers Index = 17;  
WorldCat Dissertations = 27; Index to Theses = 9

Number of duplicate publications  
excluded **n = 5304**

Number of publications after de-duplication  
**n = 17859**

Number of additional publications by  
hand-searching **n = 0**

Number of titles and abstracts screened for eligibility  
**n = 17859**

Number of publications excluded  
**n=17644**

Number of full publications screened for eligibility  
**n = 215**

Number of publications excluded **n = 183**  
Not mean/median age 55-70 years = 115  
Not an RCT or inadequate randomisation = 20  
No physical activity behaviour assessed = 16  
Missing PA outcome data = 18  
No follow-up  $\geq 12$  months = 8  
Recruited based on pre-existing condition = 5  
Laboratory-based exercise trial = 1

Number of trials included  
**n = 32 publications (21 individual trials)**

Number of publications excluded from  
meta-analyses **n = 7**  
Reported median (range) not mean (SD) = 3  
Reported change scores not final values = 1  
No 'no intervention, control' arm = 1  
Incomparable time and method of PA  
assessment = 1  
No group level PA data = 1

Number of trials included in meta-analyses  
**n = 26 publications (15 individual trials)**