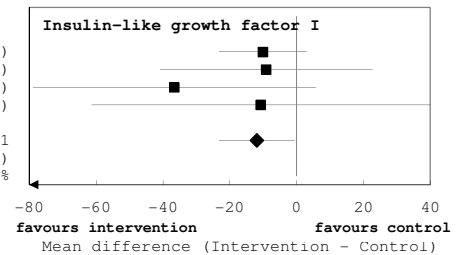


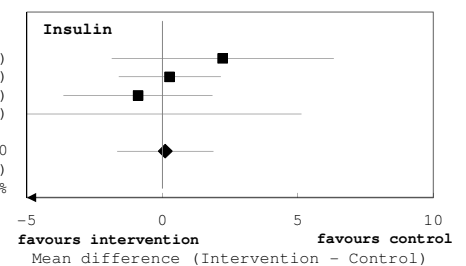
Forest plots for all outcomes [posted as supplied by author]

Physiological markers. Note that “%Breast cancer” = percentage of breast cancer patients, “SD”=standard deviation, “CI” = confidence interval.

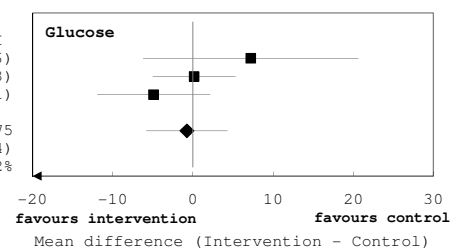
Author, Pub.year	%Breast cancer	Intervention n	Intervention mean(SD)	Control n	Control mean(SD)	Est diff	95% CI
Fairey, 2003	100%	25	62.5(23.9)	28	72.6(24.8)	-10.1	(-23.2,3.0)
Schmitz, 2005	100%	39	181.2(72.1)	40	190.3(72.2)	-9.1	(-40.9,22.7)
Irwin,2009a	100%	36	207.1(67.2)	32	243.7(104.5)	-36.6	(-78.9,5.7)
Janelins, 2011	100%	9	-(-)	10	-(-)	-10.7	(-61.3,40.0)
Pooled estimate (random effect)							-11.91
95% CI =							(-23.27, -0.54)
Heterogeneity: p =							0.703; I2 = 0.00%



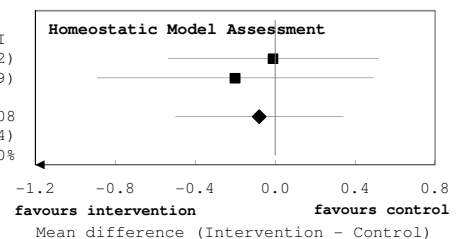
Author, Pub.year	%Breast cancer	Intervention n	Intervention mean(SD)	Control n	Control mean(SD)	Est diff	95% CI
Fairey, 2003	100%	25	11.3(8.7)	28	9.0(6.2)	2.2	(-1.9,6.3)
Schmitz, 2005	100%	39	8.2(4.3)	40	7.9(4.2)	0.3	(-1.6,2.2)
Ligibel, 2008	100%	40	7.5(6.6)	42	8.4(6.1)	-0.9	(-3.7,1.9)
Janelins, 2011	100%	9	16.8(8.0)	10	30.9(29.9)	-14.1	(-33.3,5.1)
Pooled estimate (random effect)							0.10
95% CI =							(-1.67, 1.88)
Heterogeneity: p =							0.299; I2 = 18.26%



Author, Pub.year	%Breast cancer	Intervention n	Intervention mean(SD)	Control n	Control mean(SD)	Est diff	95% CI
Fairey, 2003	100%	25	104.5(30.6)	28	97.3(16.2)	7.2	(-6.2,20.6)
Schmitz, 2005	100%	37	88.5(11.4)	39	88.4(11.6)	0.1	(-5.0,5.3)
Ligibel, 2008	100%	40	82.9(16.8)	42	87.8(15.7)	-4.9	(-11.9,2.1)
Pooled estimate (random effect)							-0.75
95% CI =							(-5.84, 4.34)
Heterogeneity: p =							0.247; I2 = 28.32%



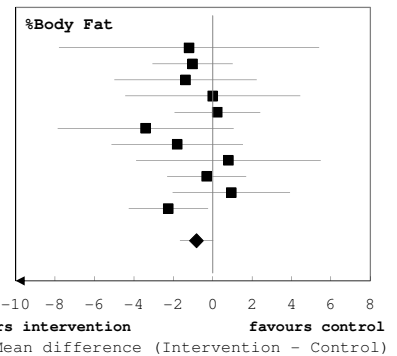
Author, Pub.year	%Breast cancer	Intervention n	Intervention mean(SD)	Control n	Control mean(SD)	Est diff	95% CI
Schmitz, 2005	100%	37	1.79(1.16)	39	1.80(1.19)	-0.01	(-0.54,0.52)
Ligibel, 2008	100%	40	1.70(1.60)	42	1.90(1.60)	-0.20	(-0.89,0.49)
Pooled estimate (random effect)							-0.08
95% CI =							(-0.50, 0.34)
Heterogeneity: p =							0.669; I2 = 0.00%



Body composition

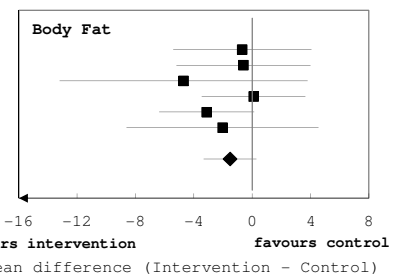
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Burnham, 2002	83%	12	23.4(8.7)	6	24.6(5.5)	-1.2	(-7.8,5.4)
Pinto, 2005	100%	43	37.5(4.8)	43	38.6(4.8)	-1.0	(-3.1,1.0)
Schmitz, 2005	100%	39	40.9(8.2)	40	42.3(8.2)	-1.4	(-5.0,2.2)
Herrero, 2006	100%	8	22.0(5.0)	8	22.0(4.0)	0.0	(-4.4,4.4)
Daley, 2007	100%	34	-(-)	38	-(-)	0.2	(-1.9,2.4)
Matthews, 2007	100%	22	39.7(6.3)	14	43.1(6.9)	-3.4	(-7.9,1.1)
Ligibel, 2008	100%	40	42.9(7.4)	42	44.7(8.0)	-1.8	(-5.1,1.5)
Rogers, 2009	100%	20	44.3(7.4)	19	43.5(7.5)	0.8	(-3.9,5.5)
Schmitz, 2009	100%	65	39.6(6.3)	64	39.9(5.3)	-0.3	(-2.3,1.7)
Irwin,2009b	100%	36	40.5(6.6)	32	39.6(6.0)	0.9	(-2.0,3.9)
Schmitz, 2010	100%	65	37.3(5.4)	68	39.6(6.5)	-2.3	(-4.3,-0.2)

Pooled estimate (random effect) -0.82
95% CI = (-1.67, 0.02)
Heterogeneity: $p = 0.744$; $I^2 = 0.00\%$



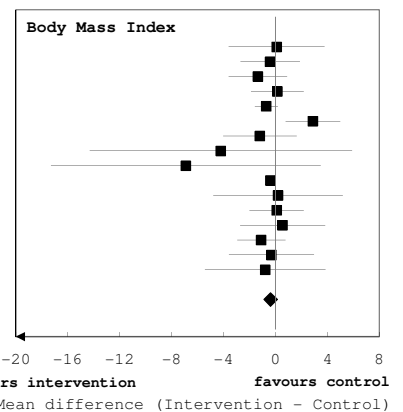
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Schmitz, 2005	100%	39	28.3(10.7)	40	29.0(10.8)	-0.7	(-5.4,4.1)
Herrero, 2006	100%	8	14.7(4.8)	8	15.3(4.6)	-0.6	(-5.2,4.0)
Matthews, 2007	100%	22	30.2(9.2)	14	34.9(14.5)	-4.7	(-13.2,3.8)
Schmitz, 2009	100%	65	32.0(10.1)	64	31.9(10.5)	0.1	(-3.5,3.7)
Schmitz, 2010	100%	65	27.2(8.5)	68	30.3(10.6)	-3.1	(-6.4,0.1)
Janelinsins, 2011	100%	9	26.1(8.2)	10	28.2(6.3)	-2.0	(-8.6,4.6)

Pooled estimate (random effect) -1.51
95% CI = (-3.33, 0.30)
Heterogeneity: $p = 0.767$; $I^2 = 0.00\%$



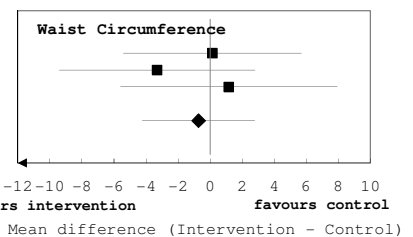
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Courneya,2003a	100%	24	29.4(7.4)	28	29.3(6.0)	0.1	(-3.6,3.8)
Courneya,2003b	0%	62	28.2(5.7)	31	28.6(5.1)	-0.4	(-2.7,1.9)
Pinto, 2005	100%	43	27.7(5.0)	43	29.0(5.6)	-1.4	(-3.6,0.9)
Schmitz, 2005	100%	39	26.0(4.6)	40	25.8(4.6)	0.2	(-1.9,2.2)
Demark-Wahnefried, 2007	56%	253	27.1(5.0)	266	27.8(5.3)	-0.7	(-1.6,0.2)
Daley, 2007	100%	34	-(-)	38	-(-)	2.9	(0.8,5.0)
Ligibel, 2008	100%	40	30.3(6.3)	42	31.5(6.8)	-1.2	(-4.0,1.6)
Mulero-Portela, 2008	100%	12	30.5(4.4)	9	34.7(15.0)	-4.2	(-14.3,5.9)
Mulero-Portela, 2008	100%	13	27.8(6.3)	9	34.7(15.0)	-6.9	(-17.3,3.5)
Morey, 2009	45%	319	-(-)	322	-(-)	-0.4	(-0.6,-0.2)
Rogers, 2009	100%	20	30.6(7.6)	19	30.4(8.3)	0.2	(-4.8,5.2)
Schmitz, 2009	100%	65	30.0(5.7)	65	29.9(6.5)	0.1	(-2.0,2.2)
Irwin,2009b	100%	36	30.5(6.0)	32	29.9(7.6)	0.6	(-2.7,3.8)
Schmitz, 2010	100%	66	26.9(5.0)	68	28.0(6.0)	-1.1	(-2.9,0.8)
Bourke, 2011	0%	8	26.5(3.3)	9	26.8(3.6)	-0.3	(-3.6,3.0)
Janelinsins, 2011	100%	9	24.5(5.5)	10	25.3(4.8)	-0.8	(-5.4,3.9)

Pooled estimate (random effect) -0.38
95% CI = (-0.57, -0.18)
Heterogeneity: $p = 0.498$; $I^2 = 0.00\%$



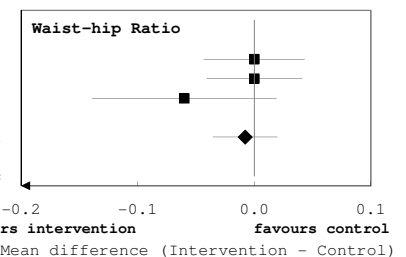
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Schmitz, 2005	100%	39	94.6(12.6)	40	94.5(12.6)	0.1	(-5.4,5.7)
Ligibel, 2008	100%	40	89.2(14.7)	42	92.5(13.5)	-3.3	(-9.4,2.8)
Irwin,2009b	100%	36	89.8(12.6)	32	88.6(15.5)	1.2	(-5.6,7.9)

Pooled estimate (random effect) -0.72
95% CI = (-4.23, 2.80)
Heterogeneity: $p = 0.584$; $I^2 = 0.00\%$



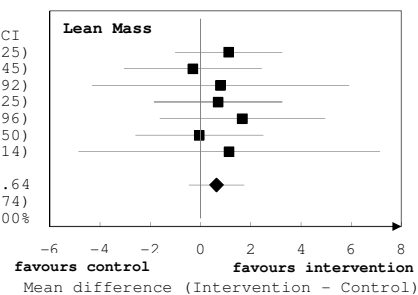
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Ligibel, 2008	100%	40	0.80(0.10)	42	0.80(0.10)	0.00	(-0.04,0.04)
Rogers, 2009	100%	20	0.82(0.06)	19	0.82(0.07)	0.00	(-0.04,0.04)
Bourke, 2011	0%	8	-(-)	9	-(-)	-0.06	(-0.14,0.02)

Pooled estimate (random effect) -0.01
95% CI = (-0.04, 0.02)
Heterogeneity: $p = 0.366$; $I^2 = 0.00\%$



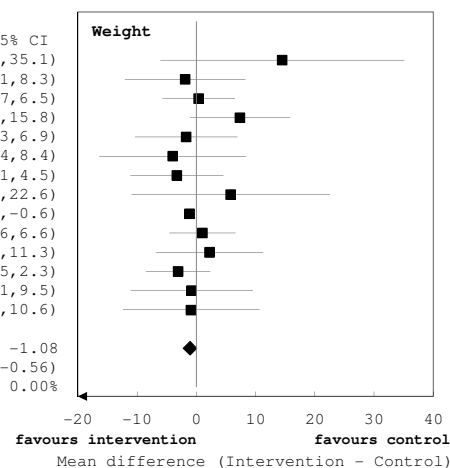
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Schmitz, 2005	100%	39	38.8(4.8)	40	37.7(4.9)	1.12	(-1.01,3.25)
Herrero, 2006	100%	8	28.0(2.7)	8	28.3(2.9)	-0.30	(-3.05,2.45)
Matthews, 2007	100%	22	44.8(7.7)	14	44.0(7.6)	0.80	(-4.32,5.92)
Schmitz, 2009	100%	65	49.1(7.3)	64	48.4(7.5)	0.70	(-1.85,3.25)
Irwin,2009b	100%	36	44.4(6.6)	32	42.7(7.2)	1.67	(-1.62,4.96)
Schmitz, 2010	100%	65	46.3(7.4)	68	46.3(7.6)	-0.05	(-2.60,2.50)
Janelinsins, 2011	100%	9	40.2(7.6)	10	39.1(5.5)	1.14	(-4.86,7.14)

Pooled estimate (random effect) 0.64
95% CI = (-0.47, 1.74)
Heterogeneity: p = 0.970; I2 = 0.00%



Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Burnham, 2002	83%	12	78.2(24.3)	6	63.7(19.1)	14.5	(-6.1,35.1)
Courneya,2003a	100%	24	78.2(20.5)	28	80.1(16.2)	-1.9	(-12.1,8.3)
Schmitz, 2005	100%	39	69.5(13.9)	40	69.2(13.9)	0.4	(-5.7,6.5)
Culos-Reed, 2006	85%	18	76.6(13.5)	18	69.3(12.5)	7.4	(-1.1,15.8)
Herrero, 2006	100%	8	65.6(8.7)	8	67.3(8.9)	-1.7	(-10.3,6.9)
Matthews, 2007	100%	22	74.9(15.2)	14	78.9(20.3)	-4.0	(-16.4,8.4)
Ligibel, 2008	100%	40	80.0(17.5)	42	83.3(18.7)	-3.3	(-11.1,4.5)
von Gruenigen, 2008	0%	23	112.1(30.4)	22	106.3(27.0)	5.8	(-11.0,22.6)
Morey, 2009	45%	319	-(-)	322	-(-)	-1.1	(-1.7,-0.6)
Schmitz, 2009	100%	65	80.0(15.6)	65	79.0(16.9)	1.0	(-4.6,6.6)
Irwin,2009b	100%	36	80.7(16.9)	32	78.5(20.6)	2.2	(-6.8,11.3)
Schmitz, 2010	100%	66	72.4(14.9)	68	75.5(17.1)	-3.1	(-8.5,2.3)
Bourke, 2011	0%	8	76.0(9.9)	9	76.8(11.8)	-0.8	(-11.1,9.5)
Janelinsins, 2011	100%	9	66.4(14.7)	10	67.3(10.3)	-0.9	(-12.4,10.6)

Pooled estimate (random effect) -1.08
95% CI = (-1.61, -0.56)
Heterogeneity: p = 0.768; I2 = 0.00%



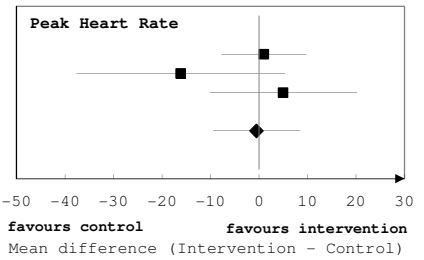
Physical functions.

Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya, 2003a	100%	24 157.0(16.0)	28 156.0(16.0)	1.0	(-7.7, 9.7)
Culos-Reed, 2006	85%	18 110.8(17.7)	18 126.9(43.1)	-16.1	(-37.7, 5.4)
Herrero, 2006	100%	8 161.0(16.0)	8 156.0(15.0)	5.0	(-10.2, 20.2)

Pooled estimate (random effect) -0.52

95% CI = (-9.50, 8.46)

Heterogeneity: $p = 0.270$; $I^2 = 23.66\%$

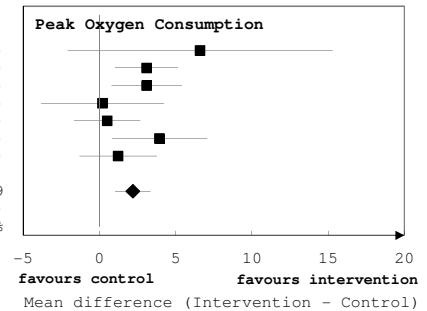


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Burnham, 2002	83%	12 33.7(10.7)	6 27.1(7.8)	6.6	(-2.1, 15.3)
Courneya, 2003a	100%	24 21.3(3.7)	28 18.2(3.9)	3.1	(1.0, 5.2)
Thorsen, 2005	42%	59 -(-)	52 -(-)	3.1	(0.8, 5.4)
Herrero, 2006	100%	8 25.9(4.5)	8 25.7(3.7)	0.2	(-3.8, 4.2)
Fillion, 2008	100%	44 27.0(4.4)	43 26.5(5.8)	0.5	(-1.7, 2.7)
Pinto, 2011	0%	19 27.7(5.5)	24 23.7(4.7)	3.9	(0.8, 7.1)
Mehnert, 2011	100%	27 26.9(4.4)	23 25.7(4.7)	1.2	(-1.3, 3.8)

Pooled estimate (random effect) 2.19

95% CI = (1.03, 3.35)

Heterogeneity: $p = 0.292$; $I^2 = 18.14\%$

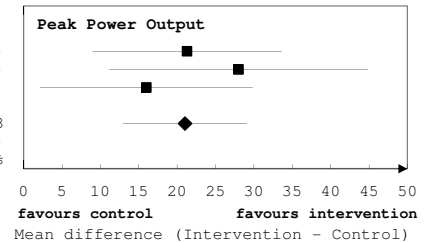


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya, 2003a	100%	24 113.6(23.6)	28 92.3(21.3)	21.3	(9.0, 33.6)
Dimeo, 2004	0%	37 125.0(39.0)	35 97.0(34.0)	28.0	(11.1, 44.9)
Herrero, 2006	100%	8 110.0(16.0)	8 94.0(12.0)	16.0	(2.1, 29.9)

Pooled estimate (random effect) 21.03

95% CI = (12.96, 29.11)

Heterogeneity: $p = 0.559$; $I^2 = 0.00\%$

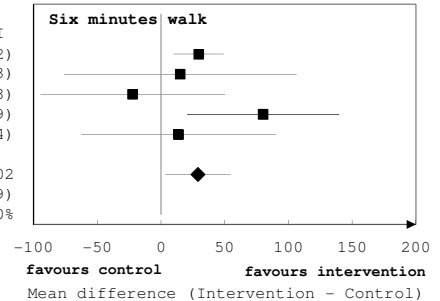


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Basen-Engquist, 2006	100%	28 500.8(33.4)	23 471.2(37.3)	29.6	(9.9, 49.2)
Yuen, 2007	100%	8 581.7(119.2)	7 566.7(52.5)	15.0	(-76.3, 106.3)
Yuen, 2007	100%	7 544.5(82.6)	7 566.7(52.5)	-22.2	(-94.7, 50.3)
Kaltsatou, 2011	100%	14 483.3(86.0)	13 403.1(71.9)	80.3	(20.6, 139.9)
LaStayo, 2011	55%	20 466.9(125.1)	20 453.1(121.9)	13.8	(-62.8, 90.4)

Pooled estimate (random effect) 29.02

95% CI = (3.45, 54.59)

Heterogeneity: $p = 0.288$; $I^2 = 20.00\%$

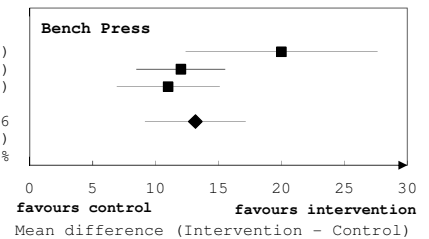


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Ahmed, 2006	100%	23 83.0(13.4)	22 63.0(12.7)	20.0	(12.4, 27.6)
Speck, 2010	100%	113 52.9(15.3)	119 40.9(11.8)	12.0	(8.5, 15.5)
Schmitz, 2010	100%	59 54.0(12.0)	63 43.0(11.0)	11.0	(6.9, 15.1)

Pooled estimate (random effect) 13.16

95% CI = (9.15, 17.16)

Heterogeneity: $p = 0.116$; $I^2 = 53.60\%$

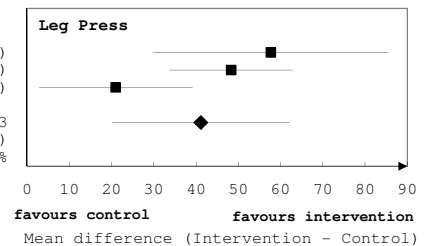


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Ahmed, 2006	100%	23 296.6(48.9)	22 238.9(46.4)	57.7	(29.8, 85.6)
Speck, 2010	100%	113 223.4(59.6)	119 175.1(53.5)	48.3	(33.7, 62.9)
Schmitz, 2010	100%	61 213.0(50.0)	63 192.0(53.0)	21.0	(2.9, 39.1)

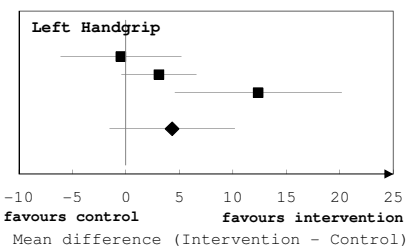
Pooled estimate (random effect) 41.13

95% CI = (20.06, 62.20)

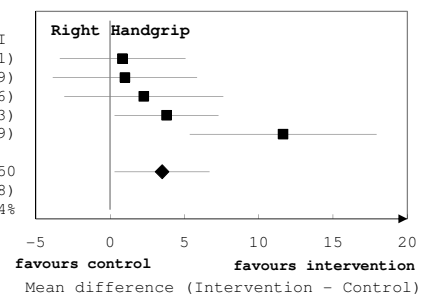
Heterogeneity: $p = 0.030$; $I^2 = 71.43\%$



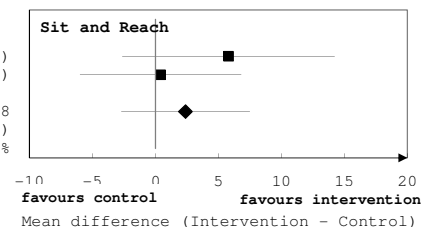
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Culos-Reed, 2006	85%	18	27.4(8.7)	18	27.8(8.7)	-0.4	(-6.1,5.2)
Rogers, 2009	100%	20	26.5(4.6)	19	23.4(6.4)	3.1	(-0.4,6.6)
Kaltsatou, 2011	100%	14	59.8(9.7)	13	47.4(10.9)	12.4	(4.6,20.2)
Pooled estimate (random effect)							4.32
							95% CI = (-1.54, 10.19)
Heterogeneity: p = 0.032; I ² = 70.93%							



Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Culos-Reed, 2006	85%	18	30.8(5.3)	18	30.0(7.5)	0.8	(-3.4,5.1)
Mulero-Portela, 2008	100%	12	17.2(5.1)	9	16.2(6.0)	1.0	(-3.9,5.9)
Mulero-Portela, 2008	100%	13	18.5(6.8)	9	16.2(6.0)	2.3	(-3.1,7.6)
Rogers, 2009	100%	20	29.2(5.2)	19	25.4(5.9)	3.8	(0.3,7.3)
Kaltsatou, 2011	100%	14	59.5(7.5)	13	47.9(9.1)	11.7	(5.4,17.9)
Pooled estimate (random effect)							3.50
							95% CI = (0.32, 6.68)
Heterogeneity: p = 0.058; I ² = 56.24%							



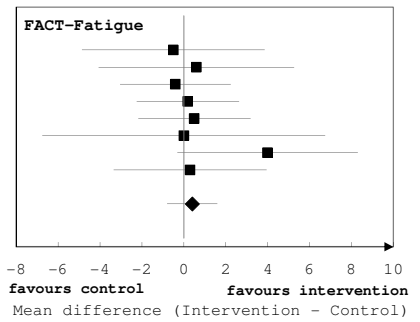
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Burnham, 2002	83%	12	35.4(8.8)	6	29.6(8.5)	5.8	(-2.6,14.2)
Culos-Reed, 2006	85%	18	30.8(9.9)	18	30.4(9.7)	0.4	(-6.0,6.8)
Pooled estimate (random effect)							2.38
							95% CI = (-2.72, 7.48)
Heterogeneity: p = 0.318; I ² = 0.00%							



Psychological outcomes

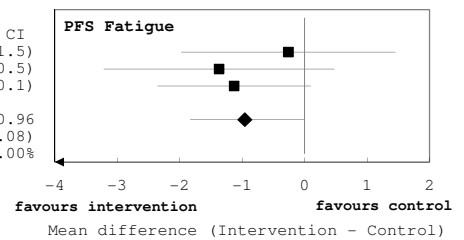
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya, 2003a	100%	24 8.3(7.9)	28 8.8(8.1)	-0.5	(-4.9, 3.9)
Courneya, 2003b	0%	62 12.7(10.9)	31 12.1(10.8)	0.6	(-4.1, 5.3)
Vallance, 2007	100%	84 42.2(8.8)	85 42.6(8.7)	-0.4	(-3.0, 2.2)
Vallance, 2007	100%	88 42.8(7.6)	85 42.6(8.7)	0.2	(-2.2, 2.6)
Vallance, 2007	100%	81 43.1(8.9)	85 42.6(8.7)	0.5	(-2.2, 3.2)
von Gruenigen, 2009	0%	23 39.2(11.6)	22 39.2(11.5)	0.0	(-6.8, 6.8)
Bourke, 2011	0%	8 -(-)	9 -(-)	4.0	(-0.3, 8.3)
Pinto, 2011	0%	19 42.2(6.2)	24 41.9(5.9)	0.3	(-3.4, 4.0)

Pooled estimate (random effect) 0.41
95% CI = (-0.79, 1.60)
Heterogeneity: $p = 0.860$; $I^2 = 0.00\%$



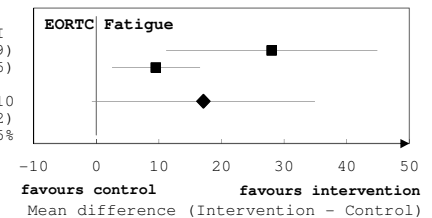
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Yuen, 2007	100%	8 3.9(1.7)	7 4.2(1.7)	-0.3	(-2.0, 1.5)
Yuen, 2007	100%	7 2.8(1.9)	7 4.2(1.7)	-1.4	(-3.2, 0.5)
Daley, 2007	100%	34 -(-)	38 -(-)	-1.1	(-2.4, 0.1)

Pooled estimate (random effect) -0.96
95% CI = (-1.83, -0.08)
Heterogeneity: $p = 0.636$; $I^2 = 0.00\%$



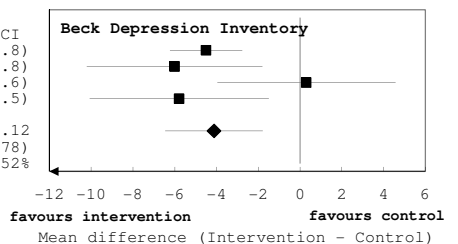
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Dimeo, 2004	0%	37 125.0(39.0)	35 97.0(34.0)	28.0	(11.1, 44.9)
Thorsen, 2005	42%	59 -(-)	52 -(-)	9.5	(2.5, 16.5)

Pooled estimate (random effect) 17.10
95% CI = (-0.73, 34.92)
Heterogeneity: $p = 0.047$; $I^2 = 74.55\%$



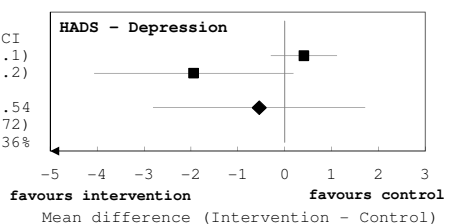
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Segar, 1998	100%	16 5.5(2.1)	8 10.0(2.0)	-4.5	(-6.2, -2.8)
Daley, 2007	100%	34 -(-)	38 -(-)	-6.0	(-10.2, -1.8)
von Gruenigen, 2009	0%	23 8.6(7.2)	22 8.3(7.4)	0.3	(-4.0, 4.6)
Kaltsatou, 2011	100%	14 16.5(1.7)	13 22.3(7.7)	-5.8	(-10.1, -1.5)

Pooled estimate (random effect) -4.12
95% CI = (-6.46, -1.78)
Heterogeneity: $p = 0.132$; $I^2 = 46.52\%$



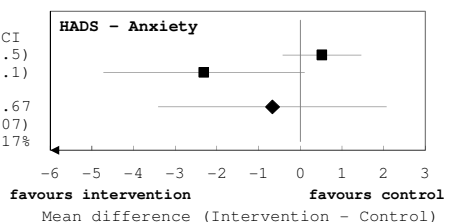
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Thorsen, 2005	42%	59 -(-)	52 -(-)	0.4	(-0.3, 1.1)
Mehnert, 2011	100%	27 2.7(3.0)	23 4.6(4.4)	-1.9	(-4.1, 0.2)

Pooled estimate (random effect) -0.54
95% CI = (-2.80, 1.72)
Heterogeneity: $p = 0.040$; $I^2 = 76.36\%$

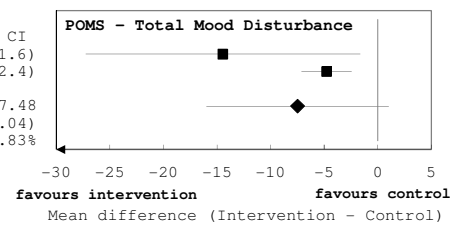


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Thorsen, 2005	42%	59 -(-)	52 -(-)	0.5	(-0.4, 1.5)
Mehnert, 2011	100%	27 4.8(3.5)	23 7.1(5.0)	-2.3	(-4.7, 0.1)

Pooled estimate (random effect) -0.67
95% CI = (-3.41, 2.07)
Heterogeneity: $p = 0.032$; $I^2 = 78.17\%$

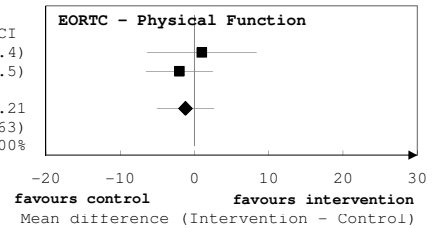


Author, Pub.year	%Breast cancer	Intervention n	mean(SD)	Control n	mean(SD)	Est diff	95% CI
Culos-Reed, 2006	85%	18	-(-)	18	-(-)	-14.5	(-27.3, -1.6)
Pinto, 2005	100%	43	15.8 (5.4)	43	20.6 (5.7)	-4.8	(-7.1, -2.4)
Pooled estimate (random effect)							-7.48
							95% CI = (-16.00, 1.04)
Heterogeneity: $p = 0.145$; $I^2 = 52.83\%$							

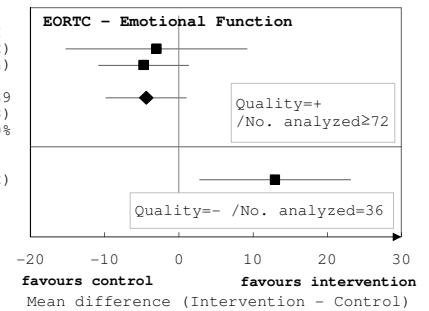


Quality of life outcomes

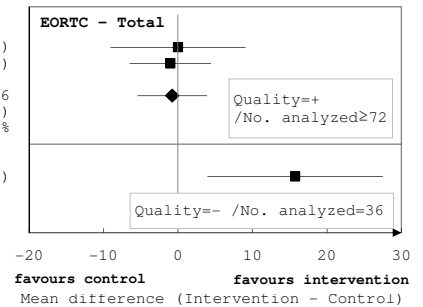
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Dimeo, 2004	0%	37 76.0(16.0)	35 75.0(16.0)	1.0	(-6.4,8.4)
Thorsen, 2005	42%	59 -(-)	52 -(-)	-2.0	(-6.5,2.5)
Pooled estimate (random effect)					-1.21
					95% CI = (-5.05, 2.63)
Heterogeneity: p = 0.493; I ² = 0.00%					



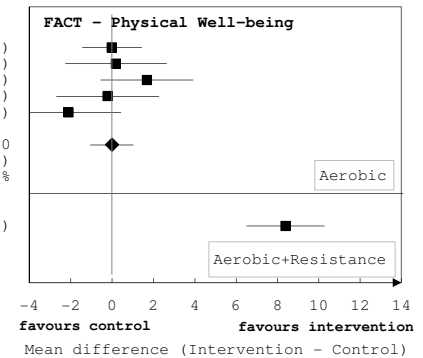
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Dimeo, 2004	0%	37 69.0(27.0)	35 72.0(26.0)	-3.0	(-15.2,9.2)
Thorsen, 2005	42%	59 -(-)	52 -(-)	-4.7	(-10.9,1.4)
Pooled estimate (random effect)					-4.39
					95% CI = (-9.86, 1.08)
Heterogeneity: p = 0.803; I ² = 0.00%					



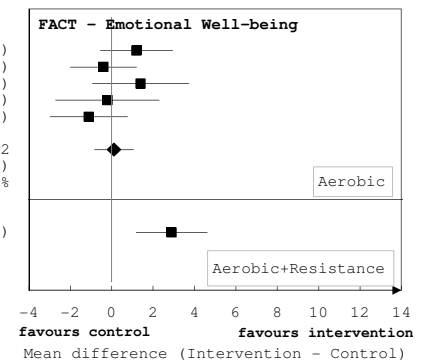
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Dimeo, 2004	0%	37 62.0(20.2)	35 62.0(19.0)	0.0	(-9.1,9.1)
Thorsen, 2005	42%	59 -(-)	52 -(-)	-1.0	(-6.5,4.4)
Pooled estimate (random effect)					-0.76
					95% CI = (-5.42, 3.91)
Heterogeneity: p = 0.849; I ² = 0.00%					



Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya, 2003a	100%	24 25.3(2.5)	28 25.3(2.8)	0.0	(-1.4,1.4)
Courneya, 2003b	0%	62 22.8(5.2)	31 22.6(5.9)	0.2	(-2.2,2.6)
Daley, 2007	100%	34 -(-)	38 -(-)	1.7	(-0.6,3.9)
von Gruenigen, 2009	0%	23 24.0(4.4)	22 24.2(4.1)	-0.2	(-2.7,2.3)
Rogers, 2009	100%	20 23.3(5.3)	19 25.4(2.3)	-2.1	(-4.6,0.4)
Pooled estimate (random effect)					0.00
					95% CI = (-1.05, 1.05)
Heterogeneity: p = 0.303; I ² = 17.53%					

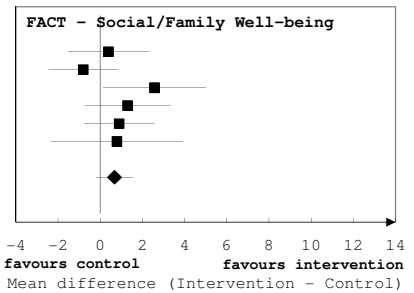


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya, 2003a	100%	24 21.5(3.4)	28 20.3(3.0)	1.2	(-0.6,3.0)
Courneya, 2003b	0%	62 20.3(3.8)	31 20.7(3.7)	-0.4	(-2.0,1.2)
Daley, 2007	100%	34 -(-)	38 -(-)	1.4	(-0.9,3.7)
von Gruenigen, 2009	0%	23 19.3(4.5)	22 19.5(4.1)	-0.2	(-2.7,2.3)
Rogers, 2009	100%	20 20.0(3.1)	19 21.1(2.9)	-1.1	(-3.0,0.8)
Pooled estimate (random effect)					0.12
					95% CI = (-0.82, 1.06)
Heterogeneity: p = 0.323; I ² = 14.35%					



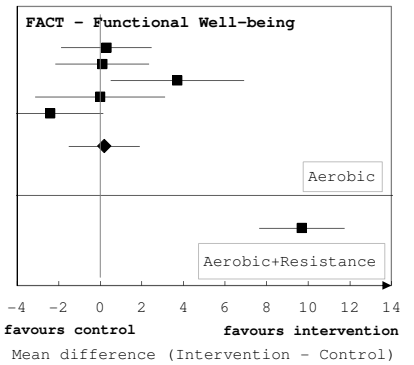
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya,2003a	100%	24 23.4(4.0)	28 23.1(4.0)	0.3	(-1.9,2.5)
Courneya,2003b	0%	62 21.5(5.1)	31 21.4(5.3)	0.1	(-2.2,2.4)
Daley, 2007	100%	34 -(-)	38 -(-)	3.7	(0.5,6.9)
Milne, 2008	100%	29 22.2(3.0)	29 12.5(4.8)	9.7	(7.6,11.8)
von Gruenigen, 2009	0%	23 22.0(5.7)	22 22.0(5.0)	0.0	(-3.1,3.1)
Rogers, 2009	100%	20 21.4(4.8)	19 23.8(3.2)	-2.4	(-4.9,0.1)

Pooled estimate (random effect) 1.92
95% CI = (-1.94, 5.79)
Heterogeneity: $p < 0.001$; $I^2 = 93.09\%$



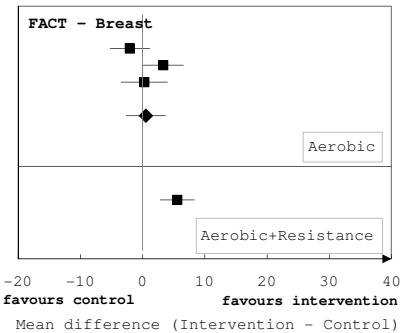
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya,2003a	100%	24 23.4(4.0)	28 23.1(4.0)	0.3	(-1.9,2.5)
Courneya,2003b	0%	62 21.5(5.1)	31 21.4(5.3)	0.1	(-2.2,2.4)
Daley, 2007	100%	34 -(-)	38 -(-)	3.7	(0.5,6.9)
von Gruenigen, 2009	0%	23 22.0(5.7)	22 22.0(5.0)	0.0	(-3.1,3.1)
Rogers, 2009	100%	20 21.4(4.8)	19 23.8(3.2)	-2.4	(-4.9,0.1)

Pooled estimate (random effect) 0.20
95% CI = (-1.51, 1.92)
Heterogeneity: $p = 0.072$; $I^2 = 53.43\%$



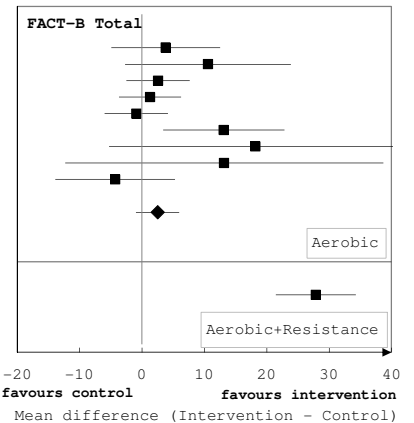
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya,2003a	100%	24 26.4(5.1)	28 28.4(6.7)	-2.0	(-5.2,1.2)
Daley, 2007	100%	34 -(-)	38 -(-)	3.4	(0.1,6.6)
Rogers, 2009	100%	20 27.0(5.5)	19 26.7(6.4)	0.3	(-3.5,4.1)

Pooled estimate (random effect) 0.56
95% CI = (-2.64, 3.76)
Heterogeneity: $p = 0.069$; $I^2 = 62.55\%$



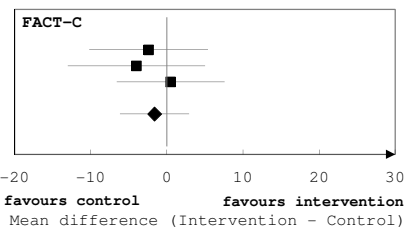
Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya,2003a	100%	24 119.6(16.9)	28 115.8(14.9)	3.8	(-4.9,12.5)
Sandel, 2005	100%	19 116.7(16.9)	16 106.1(22.3)	10.6	(-2.7,23.9)
Vallance, 2007	100%	84 121.8(16.5)	85 119.2(17.3)	2.6	(-2.5,7.7)
Vallance, 2007	100%	88 120.5(16.1)	85 119.2(17.3)	1.3	(-3.7,6.3)
Vallance, 2007	100%	81 118.3(16.2)	85 119.2(17.3)	-0.9	(-6.0,4.2)
Daley, 2007	100%	34 -(-)	38 -(-)	13.1	(3.4,22.8)
Mulero-Portela, 2008	100%	12 109.8(25.2)	9 91.6(28.5)	18.2	(-5.3,41.7)
Mulero-Portela, 2008	100%	13 104.8(32.1)	9 91.6(28.5)	13.2	(-12.3,38.7)
Rogers, 2009	100%	20 114.4(16.2)	19 118.7(14.4)	-4.3	(-13.9,5.3)

Pooled estimate (random effect) 2.52
95% CI = (-0.94, 5.97)
Heterogeneity: $p = 0.131$; $I^2 = 39.15\%$

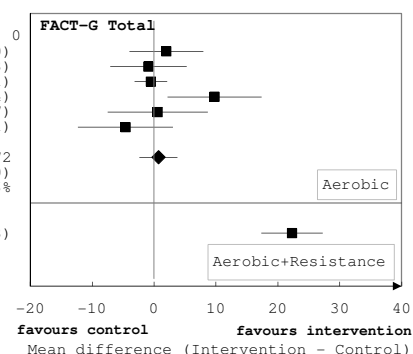


Author, Pub.year	%Breast cancer	Intervention n mean(SD)	Control n mean(SD)	Est diff	95% CI
Courneya,2003b	0%	62 107.4(16.5)	31 109.8(18.8)	-2.4	(-10.2,5.4)
Bourke, 2011	0%	8 -(-)	9 -(-)	-4.0	(-13.0,5.0)
Pinto, 2011	0%	19 111.3(11.9)	24 110.8(11.6)	0.5	(-6.6,7.6)

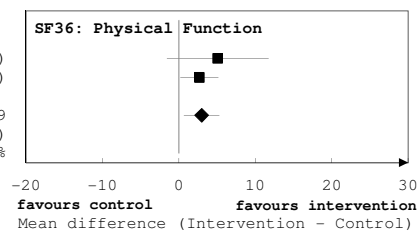
Pooled estimate (random effect) -1.62
95% CI = (-6.15, 2.91)
Heterogeneity: $p = 0.723$; $I^2 = 0.00\%$



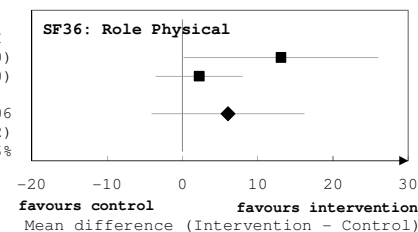
Author, Pub.year	%Breast	Intervention		Control		Est	
Courneya, 2003a	100%	24	91.3(11.0)	28	89.3(10.9)	2.0	(-4.0, 8.0)
Courneya, 2003b	0%	62	85.6(13.0)	31	86.5(15.0)	-0.9	(-7.1, 5.3)
Demark-Wahnefried, 2007	56%	253	93.0(12.4)	119	93.5(11.9)	-0.5	(-3.1, 2.1)
Daley, 2007	100%	34	-(-)	38	-(-)	9.8	(2.2, 17.4)
von Gruenigen, 2009	0%	23	82.4(14.5)	22	81.8(13.2)	0.6	(-7.5, 8.7)
Rogers, 2009	100%	20	87.4(13.1)	19	92.0(11.4)	-4.6	(-12.3, 3.1)
Pooled estimate (random effect) 0.72							
95% CI = (-2.36, 3.80)							
Heterogeneity: p = 0.137; I2 = 40.26%							
Milne, 2008	100%	29	86.4(8.3)	29	64.1(10.8)	22.3	(17.3, 27.3)



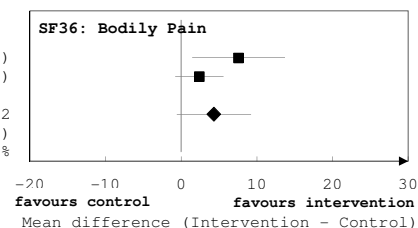
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	82.5(12.7)	23	77.4(11.5)	5.1	(-1.6, 11.8)
Morey, 2009	45%	319	-(-)	322	-(-)	2.7	(0.2, 5.2)
Pooled estimate (random effect) 2.99							
95% CI = (0.65, 5.32)							
Heterogeneity: p = 0.506; I2 = 0.00%							



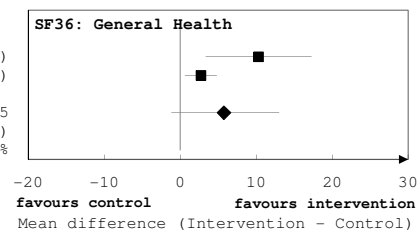
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	86.1(22.2)	23	73.0(24.5)	13.1	(0.2, 26.0)
Morey, 2009	45%	319	-(-)	322	-(-)	2.3	(-3.5, 8.0)
Pooled estimate (random effect) 6.06							
95% CI = (-4.09, 16.22)							
Heterogeneity: p = 0.134; I2 = 55.56%							



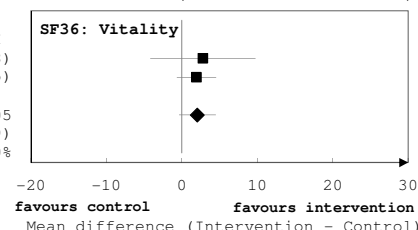
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	79.7(10.6)	23	72.1(11.5)	7.6	(1.5, 13.7)
Morey, 2009	45%	319	-(-)	322	-(-)	2.4	(-0.8, 5.6)
Pooled estimate (random effect) 4.32							
95% CI = (-0.59, 9.22)							
Heterogeneity: p = 0.140; I2 = 53.92%							



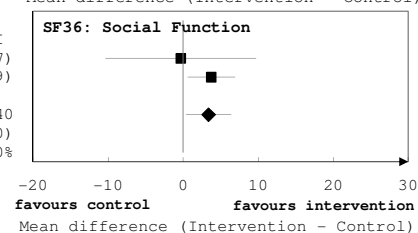
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	77.4(11.6)	23	67.1(13.4)	10.3	(3.3, 17.3)
Morey, 2009	45%	319	-(-)	322	-(-)	2.7	(0.6, 4.8)
Pooled estimate (random effect) 5.75							
95% CI = (-1.15, 13.03)							
Heterogeneity: p = 0.041; I2 = 75.96%							



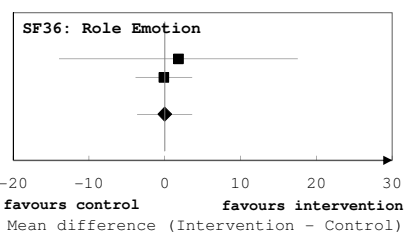
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	60.9(11.6)	23	58.1(13.4)	2.8	(-4.2, 9.8)
Morey, 2009	45%	319	-(-)	322	-(-)	2.0	(-0.6, 4.5)
Pooled estimate (random effect) 2.05							
95% CI = (-0.38, 4.49)							
Heterogeneity: p = 0.823; I2 = 0.00%							



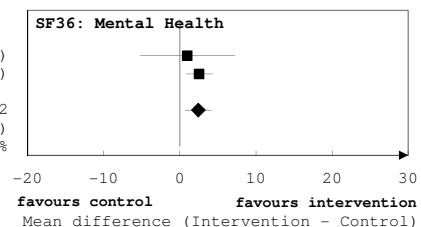
Author, Pub.year	%Breast	Intervention		Control		Est	95% CI
Basen-Engquist, 2006	100%	28	84.6(16.9)	23	84.9(19.2)	-0.3	(-10.3, 9.7)
Morey, 2009	45%	319	-(-)	322	-(-)	3.8	(0.6, 6.9)
Pooled estimate (random effect) 3.40							
95% CI = (0.39, 6.40)							
Heterogeneity: p = 0.449; I2 = 0.00%							



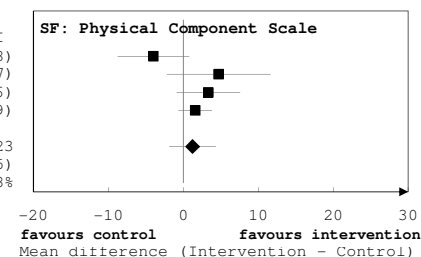
Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Basen-Engquist, 2006	100%	28	81.2(27.0)	23	79.4(29.7)	1.8	(-13.9,17.5)
Morey, 2009	45%	319	-(-)	322	-(-)	-0.1	(-3.9,3.6)
Pooled estimate (random effect)						-0.01	95% CI = (-3.65, 3.63)
Heterogeneity: p = 0.817; I2 = 0.00%							



Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Basen-Engquist, 2006	100%	28	78.2(10.6)	23	77.2(12.0)	1.0	(-5.3,7.3)
Morey, 2009	45%	319	-(-)	322	-(-)	2.5	(0.8,4.3)
Pooled estimate (random effect)						2.42	95% CI = (0.71, 4.14)
Heterogeneity: p = 0.644; I2 = 0.00%							



Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Sandel, 2005	100%	19	47.3(6.4)	16	51.3(7.8)	-4.0	(-8.8,0.8)
Bennett, 2007	75%	20	-(-)	26	-(-)	4.7	(-2.2,11.7)
Fillion, 2008	100%	44	45.1(10.4)	43	41.8(9.8)	3.3	(-0.9,7.6)
Speck, 2010	100%	112	50.7(8.2)	120	49.1(9.3)	1.6	(-0.7,3.9)
Pooled estimate (random effect)						1.23	95% CI = (-1.88, 4.35)
Heterogeneity: p = 0.085; I2 = 54.68%							



Author, Pub.year	%Breast cancer	Intervention		Control		Est diff	95% CI
		n	mean(SD)	n	mean(SD)		
Sandel, 2005	100%	19	52.3(10.9)	16	43.9(14.4)	8.4	(-0.2,17.0)
Bennett, 2007	75%	20	-(-)	26	-(-)	-2.6	(-8.9,3.7)
Fillion, 2008	100%	44	48.5(7.9)	43	47.5(9.1)	1.1	(-2.5,4.6)
Speck, 2010	100%	112	53.2(9.6)	120	53.8(8.7)	-0.6	(-3.0,1.8)
Pooled estimate (random effect)						0.43	95% CI = (-2.34, 3.19)
Heterogeneity: p = 0.179; I2 = 38.78%							

