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**Author(s):** Rintala, Aki; Hakala, Sanna; Paltamaa, Jaana; Heinonen, Ari; Karvanen, Juha; Sjögren, Tuulikki

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Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference		Year	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	95% CI		
Sandroff et al. 2014, IPAQ (0-117)	29,7	20,7	37	19,3	17	39	29,4%	0,54	[0,09, 1,00]	2014	
Bombardier et al. 2013, 7-Day PAR (kcal/kg/wk)	228,5	9,9	44	224,4	9,2	48	36,1%	0,43	[0,01, 0,84]	2013	
Dlugonski et al. 2012, GLTEQ (MET/min/wk)	28,2	15,6	22	15,4	13,9	23	16,5%	0,85	[0,24, 1,47]	2012	
Motl et al. 2011, GLTEQ (0-119)	24,7	18,8	23	12,4	14,2	25	18,0%	0,73	[0,14, 1,32]	2011	
<b>Total (95% CI)</b>			<b>126</b>			<b>135</b>	<b>100,0%</b>	<b>0,59</b>	<b>[0,34, 0,83]</b>		

Heterogeneity: Tau<sup>2</sup> = 0,00; Chi<sup>2</sup> = 1,56, df = 3 (P = 0,67); I<sup>2</sup> = 0%

Test for overall effect: Z = 4,62 (P < 0.00001)

