**Supplementary Digital Content 2**

**Figure 1.** Volume versus Standard Mean Difference: cardiovascular fitness

Note: SMD = standard mean difference; MET = metabolic equivalents; min = minute

**Figure 2.** Intensity versus Standard Mean Difference: cardiovascular fitness

Note: SMD = standard mean difference; MET = metabolic equivalent

**Figure 3.** Duration versus Standard Mean Difference: cardiovascular fitness

Note: SMD = standard mean difference

**Figure 4.** Volume versus Standard Mean Difference: quality of life

Note: SMD = standard mean difference; MET = metabolic equivalents; min = minute

**Figure 5.** Intensity versus Standard Mean Difference: quality of life

Note: SMD = standard mean difference; MET = metabolic equivalents

**Figure 6.** Duration versus Standard Mean Difference: quality of life

Note: SMD = standard mean difference