

Supplementary Table S4: Characteristics of the included studies.

<u>Study</u>	<u>Country</u>	<u>Setting</u>	<u>Number of participants</u>	<u>Mean age (years)</u>	<u>Mean BMI (kg/m²)</u>	<u>Ethnicity</u>	<u>Type of HDP</u>	<u>Type of exercise</u>	<u>Weeks' gestation</u>	<u>Supervision frequency</u>	<u>Cumulative Incidence (%) in intervention group</u>	<u>Cumulative Incidence (%) in control group</u>
Barakat, et al. 2016	Spain	hospital	765	31.7	23.5	White	GH, PE	aerobic, strength, flexibility	9 to 38-39	3 per week	3 (1,5)	8 (6,11)
Bhartia et al., 2019	India	hospital	78	n/a	n/a	Indian	GH	yoga	20 to 32	1 per week	5 (1,7)	10 (4,23)
de Oliveria et al., 2012	Brazil	university	171	24.7	23.9	n/a	PE	aerobic	13-20 to 32	3 per week	8 (4,14)	9 (4,19)
da Silva et al., 2017	Brazil	university	639	27.1	25.2	Mixed	PE	aerobic, strength, flexibility	16-20 to 32-36	3 per week	2 (1,5)	5 (3,8)
Haakstad et al., 2016	Norway	university	61	32.3	22.9	n/a	PIH	aerobic, strength, flexibility	17.6 to 36.5	2 per week	8 (4,14)	8 (2,24)
Jayashree et al., 2013	India	hospital	68	27.4	31	Indian	GH, PE, E	yoga	12 to 36	3 per week	10 (3,36)	32 (19,47)
Kasawara et al., 2013	Brazil	hospital	116	31.5	33.1	Mixed	PE	aerobic	12-20 to term	1 per week	14 (7,25)	14 (7,25)
Maharana et al., 2013	India	hospital	96	25.7	25	Indian	GH	yoga	18-20 to term	1 per week	6 (2,16)	11 (5,23)
Perales et al., 2020	Spain	hospital	1348	31.5	23.5	White	GH	aerobic, strength, flexibility	9 to 38-39	3 per week	0 (0,1)	3 (2,4)
Price et al., 2012	USA	hospital	62	29.1	27.7	Mixed	GH	aerobic, strength, flexibility	12-14 to 36 or term	4 per week	2 (0,14)	10 (3,25)
Rakhshani et al., 2013	India	hospital	68	27.5	25.3	Indian	GH, PE, E	yoga	12 to 28	3 per week	10 (3,26)	45 (30,60)
Ruiz et al., 2013	Spain	hospital	962	31.7	23.6	n/a	GH	aerobic, strength, flexibility	9 to 38-39	3 per week	3 (2,5)	6 (4,9)
Stafne et al., 2012	Norway	hospital	855	30.5	24.8	White	GH, PE	aerobic, strength, flexibility	20 to 36	1 per week	6 (4,9)	3 (1,5)
Tomic et al., 2013	Croatia	multiple	334	29.1	22.9	White	GH, PE	aerobic	6-8 to delivery	3 per week	3 (1,7)	4 (2,8)

Wang et al., 2017	China	hospital	300	32.3	26.8	Asian	GH, PE	aerobic	12 to 36-37	3 per week	13 (8,19)	15 (10,21)
Yeo et al., 2000	USA	university	16	30	n/a	Mixed	GH	aerobic	18 to 28	3 per week	13 (2,47)	13 (2,47)