

**Table S1.** PubMed/MEDLINE search algorithms and results.

Search	Query	Items found
6	Search (4 AND 5)	21
5	Search pilates[Title/Abstract]	671
4	Search (1 OR 2 OR 3)	377,27
3	Search overweight[Title/Abstract]	82,457
2	Search obese[Title/Abstract]	142,951
1	Search obesity[Title/Abstract]	298,517