Table S1. Search strategy for web of science.

Filter:	(English) AND (in Title)	Results
#1	(exercise*) AND (insulin secretion) AND (type 2 diabetes)	383
#2	(exercise*) AND (insulin secretion" OR "insulin sensitivity" OR "β-cell function" OR HOMA-IR OR HbA1c OR "glycemic control" OR "glucose control") AND (type 2 diabetes)	169
#3	Total after merging duplicate articles from #1 and #2	456

Table S2. Search strategy for PubMed.

Filter:	(English) AND Title/Abstract)	Results
#1	(exercise*) AND (insulin secretion) AND (type 2 diabetes)	219
#2	(exercise*) AND (insulin secretion" OR "insulin sensitivity" OR "β-cell function" OR HOMA-IR OR HbA1c OR "glycemic control" OR "glucose control") AND (type 2 diabetes)	4
#3	Total after merging duplicate articles from #1 and #2	217