

Table S5. GRADE Assessment for exercise-based intervention

Outcome	№ of studies	№ of participants		Certainty assessment					Effect estimate	Grade
		Diet-based interventions	Placebo or standard care	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations		
<i>Fasting glucose (mmol/L)</i>	5	181	185	Not serious	Not serious	Serious ^a	Not serious	None	-0.1 [-0.20 , -0.01]	⊕⊕⊕○ Moderate
<i>Postprandial glucose (mmol/L)</i>	4	149	153	Not serious	Serious ^b	Serious ^a	Serious ^c	None	-0.24 [-0.59 , 0.11]	⊕○○○ Very low
<i>HbA1c (%)</i>	3	144	146	Not serious	Serious ^b	Serious ^a	Serious ^c	None	0.04 [-0.19 , 0.27]	⊕○○○ Very low
<i>HOMA-IR</i>	1	99	101	Not serious	Not serious	Not serious	Serious ^c	Publication bias strongly suspected ^d	0.00 [-0.88 , 0.88]	⊕⊕○○ Low

a. Due to substantial differences in interventions and comparisons.

b. Due to high unexplained heterogeneity.

c. The 95% CI included benefits and harms.

d. Only reported by 1 study.