

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Adami S, 1999	Design:	CCT	1 Usual care, Usual care	N entering 125 N completing 116	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	0	2 Flexibility, Aerobic exercise, Strength training, Flexibility, Aerobic exercise, Strength training	N entering 125 N completing 118	
	Population:	ND			
Ades PA, 1996	Design:	RCT	1 Usual care, Usual care	N entering 12 N completing 12	Results: Included in meta-analysis of VO2 Max and Strength.
	Jadad:	1	2 Strength training, Strength training	N entering 12 N completing 12	
	Population:		Healthy elderly, deconditioning		
Agre JC, 1988	Design:	RCT	1 Usual care, Usual care	N entering 12 N completing 12	Results: Included in meta-analysis of Strength.
	Jadad:	2	2 Aerobic exercise, Strength training, Flexibility, Aerobic exercise, Strength training, Flexibility	N entering 18 N completing 18	
	Population:	ND	3 Aerobic exercise, Strength training, Flexibility, Aerobic exercise, Strength training, Flexibility	N entering 18 N completing 17	
Badenhop DT, 1983	Design:	CCT	1 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering ND N completing 11	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	0	2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering ND N completing 10	
	Population:	ND			
Bahrke MS, 1978	Design:	RCT	1 Control-placebo, Control-placebo	N entering 25 N completing 25	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering 25 N completing 25	
	Population:	ND	3 Relaxation, Relaxation	N entering 25 N completing 25	

ND: Not Described

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Bassey EJ, 1995	Design:	RCT	1 Control-placebo, Group education/counseling, Aerobic exercise, Flexibility, Dietary intervention, Control-placebo, Group education/counseling, Aerobic exercise, Flexibility, Dietary intervention	N entering N completing	ND 24	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 Strength training, Group education/counseling, Aerobic exercise, Dietary intervention, Strength training, Group education/counseling, Aerobic exercise, Dietary intervention	N entering N completing	ND 20	
Beverly MC, 1989	Jadad:	RCT	1 Strength training, Strength training	N entering N completing	34 ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 Strength training, Strength training	N entering N completing	35 ND	
	Population:	ND				
Blumenthal JA, 1991	Design:	RCT	1 Usual care, Usual care	N entering N completing	34 14	Results: Included in meta-analysis of VO2 Max and Depression.
			2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering N completing	33 23	
			3 Yoga, Yoga	N entering N completing	34 12	
Blumenthal JA, 1991	Jadad:	RCT	1 Usual care, Usual care	N entering N completing	34 34	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering N completing	33 31	
			3 Yoga, Yoga	N entering N completing	34 32	
	Population:	Healthy elderly, deconditioning				

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Blumenthal JA, 1989	Design:	RCT	1 Usual care, Usual care	N entering 34 N completing 32	Results: Excluded from meta-analysis of functional measures because study does not report on SF36, General Health, ADL/IADL, SIP. Excluded from meta-analysis of Strength because study reported hand grip only.
	Jadad:	1	2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering 33 N completing 31	
	Population:	Healthy elderly	3 Yoga, Yoga	N entering 34 N completing 34	
Blumenthal JA, 1991	Design:	RCT	1 Usual care, Usual care	N entering 34 N completing 32	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering 33 N completing 31	
	Population:	Healthy elderly	3 Yoga, Yoga	N entering 34 N completing 34	
Boileau RA, 1999	Design:	CCT	1 Control-placebo, Flexibility, Feedback, Psychosocial intervention,	N entering ND N completing 67	Results: Included in meta-analysis of VO2 Max.
	Jadad:	0	Control-placebo, Flexibility, Feedback, Psychosocial intervention		
	Population:	Deconditioning	2 Aerobic exercise, Feedback, Psychosocial intervention, Aerobic exercise, Feedback, Psychosocial intervention	N entering ND N completing 58	

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Bowman AJ, 1997	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering N completing	20 14	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	2	2 Yoga, Yoga	N entering N completing	20 12		
	Population: deconditioning		Healthy elderly,				
Braith RW, 1994	Design:	RCT	1 Usual care, Usual care	N entering N completing	11 11	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	1	2 Aerobic exercise, Aerobic exercise	N entering N completing	19 19		
	Population: deconditioning		Healthy elderly, 3 Aerobic exercise, Aerobic exercise	N entering N completing	14 14		
Buchner DM, 1997	Design:	RCT	1 Usual care, Usual care	N entering N completing	30 30	Results: Included in meta-analysis of VO2 Max, SF36, General Health, ADL/IADL, SIP.	
	Jadad:	2	2 Aerobic exercise, Individual education/counseling, Aerobic exercise, Individual education/counseling	N entering N completing	24 20		
	Population: Balance/falls/gait, functional decline		3	Aerobic exercise, Individual education/counseling, Aerobic exercise, Individual education/counseling	N entering N completing		26 22
			4	Aerobic exercise, Balance training, Individual education/counseling, Aerobic exercise, Balance training, Individual education/counseling	N entering N completing		26 22

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Buchner DM, 1997	Design: Jadad: Population: Balance/falls/gait, functional decline	RCT	1 Usual care, Usual care	N entering 30 N completing 29	Results: Included in meta-analysis of VO2 Max and Strength.
		1	2 Aerobic exercise, Aerobic exercise	N entering 25 N completing 21	
		3	3 Strength training, Strength training	N entering 25 N completing 22	
		4	4 Aerobic exercise, Strength training, Aerobic exercise, Strength training	N entering 25 N completing 24	
Burton LC, 1995	Design: Jadad: Population:	RCT	1 Control-placebo, Individual education/counseling, Control-placebo, Individual education/counseling	N entering 2090 N completing 1524	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	2 Provider education, Health risk appraisal, Provider reminders, Individual education/counseling, Material incentive, Provider education, Health risk appraisal, Provider reminders, Individual education/counseling, Material incentive	N entering 2105 N completing 1573	
		ND	2		
Butterworth D, 1993	Design: Jadad: Population: Healthy elderly, deconditioning	RCT	1 Usual care, Usual care	N entering 12 N completing 12	Results: Included in meta-analysis of VO2 Max.
		2	2 Flexibility, Dietary intervention, Individual education/counseling, Flexibility, Dietary intervention, Individual education/counseling	N entering 16 N completing 16	
		3	3 Aerobic exercise, Dietary intervention, Individual education/counseling, Aerobic exercise, Dietary intervention, Individual education/counseling	N entering 16 N completing 14	

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Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Campbell AJ, 1997	Design:	RCT	1 Control-placebo, Control-placebo	N entering 117 N completing 110	Results: Excluded from meta-analysis of functional measures because study does not report on SF36, General Health, ADL/IADL, SIP.	
	Jadad:	3	2 Individual education/counseling, Strength training, Balance training, Gait training, Flexibility, Aerobic exercise, Individual education/counseling, Strength training, Balance training, Gait training, Flexibility, Aerobic exercise	N entering 116 N completing 103		
	Population:	Arthritis, balance/falls/gait, cardiovascular				
Campbell AJ, 1999	Design:	RCT	1 Control-placebo, Control-placebo	N entering 117 N completing 62	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	2	2 Individual education/counseling, Strength training, Balance training, Aerobic exercise, Individual education/counseling, Strength training, Balance training, Aerobic exercise	N entering 116 N completing 41		
	Population:	Balance/falls/gait				
Carroll JF, 1995	Design:	RCT	1 Usual care, Usual care	N entering ND N completing 9	Results: Included in meta-analysis of VO2 Max and Strength.	
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering ND N completing 14		
	Population:	Deconditioning	3	Aerobic exercise, Aerobic exercise		N entering ND N completing 4
			4	Aerobic exercise, Strength training, Aerobic exercise, Strength training		N entering ND N completing 10
			5	Aerobic exercise, Strength training, Aerobic exercise, Strength training		N entering ND N completing 7
Cerny K, 1998	Design:	RCT	1 Usual care, Usual care	N entering 13 N completing ND	Results: Excluded from meta-analysis of Strength because of insufficient statistics.	
	Jadad:	1	2 Strength training, Flexibility, Aerobic exercise, Balance training, Strength training, Flexibility, Aerobic exercise, Balance training	N entering 15 N completing ND		
	Population:	ND				

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Chandler JM, 1998	Design:	RCT	1 Usual care, Usual care	N entering N completing	50 43	Results: Included in meta-analysis of strength. Excluded from meta-analysis of Depression and SF36 because study only reports regression coefficient, no other follow-up data.
	Jadad:	2	2 Strength training, Strength training	N entering N completing	50 44	
	Population:	Functional decline				
Chandler WL, 1996	Design:	RCT	1 Control-placebo, Dietary intervention, Flexibility, Control-placebo, Dietary intervention, Flexibility	N entering N completing	25 19	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Dietary intervention, Aerobic exercise, Dietary intervention	N entering N completing	28 25	
	Population:	Healthy elderly				
Charette SL, 1991	Design:	RCT	1 Usual care, Usual care	N entering N completing	9 6	Results: Included in meta-analysis of Strength.
	Jadad:	2	2 Flexibility, Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise	N entering N completing	18 13	
	Population:	Healthy elderly				
Chow R, 1987	Design:	RCT	1 Usual care, Usual care	N entering N completing	19 15	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	2 Aerobic exercise, Aerobic exercise	N entering N completing	19 17	
	Population:	Healthy elderly	3 Aerobic exercise, Strength training, Aerobic exercise, Strength training	N entering N completing	20 16	
Cononie CC, 1991	Design:	RCT	1 Usual care, Usual care	N entering N completing	13 12	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
	Jadad:	1	2 Flexibility, Aerobic exercise, Flexibility, Aerobic exercise	N entering N completing	21 17	
	Population:	Healthy elderly	3 Flexibility, Strength training, Flexibility, Strength training	N entering N completing	22 20	

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Coogler CE, 1994	Design:	RCT	1 Usual care, Usual care	N entering N completing	28 ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Balance training, Balance training	N entering N completing	37 ND	
	Population:	Healthy elderly				
Coon PJ, 1989	Design:	RCT	1 Cognitive-behavioral, Dietary intervention, Cognitive-behavioral, Dietary intervention	N entering N completing	ND ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Strength training, Flexibility, Dietary intervention, Strength training, Flexibility, Dietary intervention	N entering N completing	ND ND	
	Population:	Obesity				
Cox KL, 1996	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering N completing	ND 42	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering N completing	ND 60	
	Population:	Healthy elderly, deconditioning				
Elaine Cress M, 1999	Design:	RCT	1 Usual care, Usual care	N entering N completing	26 26	Results: Included in meta-analysis of VO2 Max, SF36, General Health, SIP, and Depression.
	Jadad:	2	2 Strength training, Aerobic exercise, Strength training, Aerobic exercise	N entering N completing	30 23	
	Population:	Healthy elderly				
Crilly RG, 1989	Design:	RCT	1 Usual care, Usual care	N entering N completing	25 24	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Balance training, Flexibility, Strength training, Relaxation, Balance training, Flexibility, Strength training, Relaxation	N entering N completing	25 23	
	Population:	Balance/falls/gait				

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Crome P, 2000	Design:	RCT	1 Usual care, Usual care	N entering N completing	38 ND	Results: Included in meta-analysis of ADL/IADL.
	Jadad:	1	2 Balance training, Aerobic exercise, Individual education/counseling,	N entering N completing	40 ND	
	Population:	Balance/falls/gait, functional decline	Balance training, Aerobic exercise, Individual education/counseling			
Cullinane P, 1994	Design:	RCT	1 Control-placebo, Individual education/counseling, Control-placebo, Individual education/counseling	N entering N completing	43 39	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	Individual education/counseling			
	Population:	Deconditioning	2 Individual education/counseling, Individual education/counseling	N entering N completing	32 29	
Damush TM, 1999	Design:	RCT	1 Control-placebo, Group education/counseling, Control-placebo, Group education/counseling	N entering N completing	31 29	Results: Included in meta-analysis of SF36, Strength and Depression.
	Jadad:	2	2 Strength training, Aerobic exercise, Flexibility, Feedback, Group education/counseling, Strength training, Aerobic exercise, Flexibility, Feedback, Group education/counseling	N entering N completing	40 33	
	Population:	ND				
Danz AM, 1998	Design:	RCT	1 Usual care, Usual care	N entering N completing	61 53	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	2 Aerobic exercise, Strength training, Aerobic exercise, Strength training	N entering N completing	60 50	
	Population:	Healthy elderly				

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Day, 2002	Design:	RCT	1 Usual care, Usual care	N entering 137 N completing 47	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	2 Strength training, Balance training, Flexibility, Strength training, Balance training, Flexibility	N entering 135 N completing 70	
	Population:	Balance/falls/gait	3 Health risk appraisal, Health risk appraisal	N entering 136 N completing 58	
			4 Health risk appraisal, Health risk appraisal	N entering 139 N completing 51	
			5 Strength training, Balance training, Flexibility, Health risk appraisal, Strength training, Balance training, Flexibility, Health risk appraisal	N entering 135 N completing 61	
			6 Strength training, Balance training, Flexibility, Health risk appraisal, Strength training, Balance training, Flexibility, Health risk appraisal	N entering 136 N completing 49	
			7 Health risk appraisal, Health risk appraisal	N entering 137 N completing 51	
			8 Strength training, Balance training, Flexibility, Health risk appraisal, Strength training, Balance training, Flexibility, Health risk appraisal	N entering 135 N completing 55	

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De Vito G, 1997	Design:	RCT	1 Usual care, Usual care	N entering N completing	9 5 Results: Included in meta-analysis of VO2 Max.
	Jadad:	2	2 Flexibility, Aerobic exercise, Strength training, Relaxation, Flexibility,	N entering N completing	13 11
	Population:	Healthy elderly	Aerobic exercise, Strength training, Relaxation		
DeBusk RF, 1990	Design:	RCT	1 Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	20 18 Results: Study was not considered for meta-analysis because
	Jadad:	2	2 Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	20 18 Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Healthy elderly, deconditioning			
Donald, 2000	Design:	RCT	1 Usual care, Usual care	N entering N completing	12 7 Results: Excluded from meta-analysis of
	Jadad:	2	2 Strength training, Strength training	N entering N completing	14 9 functional measures because study does not
	Population:	Balance/falls/gait, cognitive impairment, functional decline/ADL	3 Health risk appraisal, Health risk appraisal	N entering N completing	12 6 report on SF36, General Health, ADL/IADL, SIP.
			4 Strength training, Health risk appraisal, Strength training, Health risk appraisal	N entering N completing	16 10
Dunn AL, 1998	Design:	RCT	1 Cognitive-behavioral, Group education/counseling, Cognitive-behavioral, Group education/counseling	N entering N completing	121 ND Results: Study was not considered for meta-analysis because
	Jadad:	1			Strength, Depression, VO2 Max, or Functional
	Population:	Deconditioning	2 Material incentive, Aerobic exercise, Material incentive, Aerobic exercise	N entering N completing	114 ND Measures were not reported.

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Dunn AL, 1997	Design: RCT Jadad: 2 Population: Healthy elderly, deconditioning, cardiovascular, obesity	1	Aerobic exercise, Cognitive-behavioral, Group	N entering 121 N completing 116	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Aerobic exercise, Cognitive-behavioral, Group education/counseling		
		2	Aerobic exercise, Group education/counseling, Reminders, Feedback, Aerobic exercise, Group education/counseling, Reminders, Feedback	N entering 114 N completing 106	
Ebrahim S, 1997	Design: RCT Jadad: 3 Population: Healthy elderly, balance/falls/gait, functional decline	1	Control-placebo, Individual education/counseling, Flexibility, Control-placebo, Individual education/counseling, Flexibility	N entering 84 N completing 48	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Individual education/counseling, Aerobic exercise, Individual education/counseling, Aerobic exercise	N entering 81 N completing 49	
Emery CF, 1990	Design: RCT Jadad: 1 Population: Healthy elderly	1	Usual care, Usual care	N entering 34 N completing 32	Results: Excluded from meta-analysis of Depression because study reports on population from another study included in meta-analysis.
		2	Aerobic exercise, Flexibility, Material incentive, Aerobic exercise, Flexibility, Material incentive	N entering 33 N completing 31	
		3	Yoga, Flexibility, Relaxation, Material incentive, Yoga, Flexibility, Relaxation, Material incentive	N entering 34 N completing 34	
Emery, 1990	Design: RCT Jadad: 1 Population: Deconditioning	1	Usual care, Usual care	N entering 18 N completing 14	Results: Included in meta-analysis of Depression.
		2	Control-placebo, Control-placebo	N entering 15 N completing 11	
		3	Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility, Strength training	N entering 15 N completing 14	

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Engels HJ, 1998	Design: RCT	1	Usual care, Usual care	N entering N completing	11 11	Results: Included in meta-analysis of VO2 Max and Depression.
		2	Aerobic exercise, Flexibility, Strength training, Balance training, Aerobic exercise, Flexibility, Strength training, Balance training	N entering N completing	12 10	
				3	Aerobic exercise, Flexibility, Strength training, Balance training, Aerobic exercise, Flexibility, Strength training, Balance training	
		Population: Healthy elderly				
Fiatarone MA, 1994	Design: RCT	1	Control-placebo, Aerobic exercise, Flexibility, Control-placebo, Aerobic exercise, Flexibility	N entering N completing	26 25	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Strength training, Strength training	N entering N completing	25 22	
				3	Strength training, Dietary intervention, Strength training, Dietary intervention	
		4	Dietary intervention, Dietary intervention			
Singh MA, 1999	Design: RCT	1	Control-placebo, Aerobic exercise, Flexibility, Control-placebo, Aerobic exercise, Flexibility	N entering N completing	26 6	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Strength training, Strength training	N entering N completing	25 6	
				3	Strength training, Dietary intervention, Strength training, Dietary intervention	
		4	Dietary intervention, Dietary intervention			
	Population: Deconditioning, arthritis, balance/falls/gait, functional decline, cardiovascular, pulmonary, cancer					

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Foster VL, 1989	Design:	RCT	1 Aerobic exercise, Feedback, Aerobic exercise, Feedback	N entering N completing	ND Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Feedback, Aerobic exercise, Feedback	N entering N completing	
	Population:	Healthy elderly			
Gardner M, 1998	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	ND Results: Excluded from meta-analysis of Strength because of insufficient statistics.
	Jadad:	1	2 Strength training, Balance training, Strength training, Balance training	N entering N completing	
	Population:	ND			
Gillett PA, 1996	Design:	RCT	1 Usual care, Usual care	N entering N completing	36 Results: Included in meta-analysis of VO2 Max and Strength. 31 70 63 76 70
	Jadad:	2	2 Group education/counseling, Group education/counseling	N entering N completing	
	Population:	Deconditioning, obese	3 Group education/counseling, Aerobic exercise, Strength training, Flexibility, Group education/counseling, Aerobic exercise, Strength training, Flexibility	N entering N completing	
McRae PG, 1994	Design:	RCT	1 Control-placebo, Group education/counseling, Control-placebo, Group education/counseling	N entering N completing	38 Results: Included in meta-analysis of Strength. 31 42 28
	Jadad:	2	2 Strength training, Balance training, Flexibility, Aerobic exercise, Group education/counseling, Strength training, Balance training, Flexibility, Aerobic exercise, Group education/counseling	N entering N completing	
	Population:	Balance/falls/gait			

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Gillies-E, 1999	Design:	RCT	1 Control-placebo, Flexibility, Control-placebo, Flexibility	N entering N completing	10 Results: Excluded from meta-analysis of
		2	2 Functional exercises/tasks, Aerobic exercise, Flexibility, Functional exercises/tasks, Aerobic exercise, Flexibility	N entering N completing	10 functional measures
			Population: Arthritis, depression, vision, neuromuscular/musculoskeletal, pulmonary		6 because study does not report on SF36, General Health, ADL/IADL, SIP.
Gitlin LN, 1992	Design:	RCT	1 Control-placebo, Psychosocial intervention, Control-placebo, Psychosocial intervention	N entering N completing	ND Results: Excluded from meta-analysis of VO2 Max because study
		2	2 Aerobic exercise, Aerobic exercise	N entering N completing	ND doesn't report data separately for each arm. Excluded from Strength meta-analysis because self-rating measurement. Excluded from meta-analysis of Depression because no sample size reported.
			Population: Healthy elderly		
Grove, 1992	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND Results: Study was not considered for meta-
		2	2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering N completing	ND analysis because Strength, Depression,
			3 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering N completing	ND VO2 Max, or Functional Measures were not reported.
Hagberg JM, 1989	Design:	RCT	1 Usual care, Usual care	N entering N completing	13 Results: Included in meta-analysis of VO2 Max and
		1	2 Flexibility, Aerobic exercise, Flexibility, Aerobic exercise	N entering N completing	21 Strength.
			3 Flexibility, Strength training, Flexibility, Strength training	N entering N completing	23 19

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Hall N, 1992	Design:	RCT	1 Usual care, Usual care	N entering N completing	86 Results: Study was not 86 considered for meta-
	Jadad:	3	2 Health risk appraisal, Psychosocial intervention, Health risk appraisal, Psychosocial intervention	N entering N completing	81 analysis because 81 Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Deconditioning, arthritis, functional decline, cardiovascular			
Hamdorf PA, 1992	Design:	RCT	1 Usual care, Usual care	N entering N completing	40 Results: Excluded from 36 meta-analysis of VO2
	Jadad:	2	2 Flexibility, Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise	N entering N completing	40 Max and functional 30 measures because study does not report data on these outcomes.
	Population:	Healthy elderly, deconditioning			
Hamdorf PA, 1993	Design:	RCT	1 Usual care, Usual care	N entering N completing	36 Results: Excluded from 31 meta-analysis of VO2
	Jadad:	2	2 Flexibility, Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise	N entering N completing	30 Max and functional 27 measures because study does not report data on these outcomes.
	Population:	Healthy elderly, deconditioning			
Hatori M, 1993	Design:	RCT	1 Usual care, Usual care	N entering N completing	12 Results: Study was not 12 considered for meta-
	Jadad:	2	2 Flexibility, Aerobic exercise, Flexibility, Aerobic exercise	N entering N completing	23 analysis because 21 Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Healthy elderly			

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Hellenius ML, 1993	Design:	RCT	1	Usual care, Usual care	N entering N completing	40 Results: Excluded from meta-analysis of VO2 40 Max because study doesn't report data on this outcome. 40		
			2	2	Individual education/counseling, Dietary intervention, Individual education/counseling, Dietary intervention		N entering N completing	
				3	3		Individual education/counseling, Aerobic exercise, Reminders, Dietary intervention, Individual education/counseling, Aerobic exercise, Reminders, Dietary intervention	N entering N completing
					4		Individual education/counseling, Aerobic exercise, Reminders, Dietary intervention, Individual education/counseling, Aerobic exercise, Reminders, Dietary intervention	N entering N completing
Henry KD, 1999	Design:	RCT	1	Strength training, Individual education/counseling, Strength training, Individual education/counseling	N entering N completing	ND Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported. ND ND		
			ND	2	Strength training, Individual education/counseling, Strength training, Individual education/counseling		N entering N completing	
				3	3		Strength training, Individual education/counseling, Strength training, Individual education/counseling	N entering N completing
					3		Strength training, Individual education/counseling, Strength training, Individual education/counseling	N entering N completing
Hersey WC, 1994	Design:	RCT	1	Usual care, Usual care	N entering N completing	11 Results: Excluded from meta-analysis of VO2 19 Max because the study only reported the change of percentage. 22 17		
			1	2	Aerobic exercise, Flexibility, Aerobic exercise, Flexibility		N entering N completing	
				3	Strength training, Flexibility, Strength training, Flexibility		N entering N completing	
	Jadad:							
	Population:	Healthy elderly						

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Hornbrook MC, 1994	Design: RCT	1	Health risk appraisal, Health risk appraisal	N entering 1571 N completing ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Health risk appraisal, Individual education/counseling, Group education/counseling, Cognitive-behavioral, Strength training, Aerobic exercise, Material incentive, Health risk appraisal, Individual education/counseling, Group education/counseling, Cognitive-behavioral, Strength training, Aerobic exercise, Material incentive	N entering 1611 N completing ND	
	Population: Balance/falls/gait, functional decline, depression, vision				
Hu MH, 1994	Design: RCT	1	Usual care, Usual care	N entering 12 N completing ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Balance training, Balance training	N entering 12 N completing ND	
	Population: Healthy elderly, balance/falls/gait, vision, neuro/muscu				
Hu MH, 1994	Design: RCT	1	Usual care, Usual care	N entering 12 N completing ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Balance training, Balance training	N entering 12 N completing ND	
	Population: Healthy elderly, balance/falls/gait, vision, neuro/muscu				
Jensen J, 2002	Design: RCT	1	Usual care, Usual care	N entering 208 N completing 167	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Health risk appraisal, Balance training, Gait training, Strength training, Health risk appraisal, Balance training, Gait training, Strength training	N entering 194 N completing 157	
	Population: Balance/falls/gait, geriatric sympt, cogn impairment, funct. decline, depression, vision, CV				

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Jessup JF, 1998	Design:	RCT	1 Usual care, Usual care	N entering N completing	10 10	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise	N entering N completing	11 11	
	Population:	Deconditioning				
Jett AM, 1999	Design:	RCT	1 Usual care, Usual care	N entering N completing	108 ND	Results: Included in meta-analysis of SIP. Excluded from meta-analysis of Strength because study reported on population already included in meta-analysis. Excluded from meta-analysis of Depression because study reports only adjusted mean difference.
	Jadad:	1	2 Individual education/counseling, Strength training, Cognitive-behavioral, Reminders, Material incentive, Individual education /counseling, Strength training, Cognitive-behavioral, Reminders, Material incentive	N entering N completing	107 ND	
	Population:	Arthritis, functional decline, neuro/muscu, cardiovascular, pulmonary				
Jette AM, 1996	Design:	RCT	1 Usual care, Usual care	N entering N completing	52 51	Results: Excluded from meta-analysis of Strength and Depression because of insufficient statistics study reports ony adjusted mean difference.
	Jadad:	2	2 Strength training, Individual education/counseling, Reminders, Strength training, Individual education/counseling, Reminders	N entering N completing	500 4212	
	Population:	Healthy elderly				
Jones CJ, 1992	Design:	CCT	1 Usual care, Usual care	N entering N completing	17 15	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
	Jadad:	0	2 Flexibility, Strength training, Balance training, Aerobic exercise, Flexibility, Strength training, Balance training, Aerobic exercise	N entering N completing	33 33	
	Population:	ND				

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Jones CJ, 1994	Design:	RCT	1 Usual care, Usual care	N entering 15 N completing 12	Results: Included in meta-analysis of Strength.
	Jadad:	1	2 Strength training, Flexibility, Aerobic exercise, Feedback, Strength training, Flexibility, Aerobic exercise, Feedback	N entering 31 N completing 30	
	Population:	ND			
Judge JO, 1994	Design:	RCT	1 Group education/counseling, Group education/counseling	N entering 27 N completing ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Group education/counseling, Balance training, Gait training, Individual education/counseling, Group education/counseling, Balance training, Gait training, Individual education/counseling	N entering 28 N completing ND	
	Population:		3 Group education/counseling, Strength training, Flexibility, Group education/counseling, Strength training, Flexibility	N entering 28 N completing ND	
			4 Group education/counseling, Balance training, Individual education/counseling, Relaxation, Strength training, Flexibility, Group education/counseling, Balance training, Individual education/counseling, Relaxation, Strength training, Flexibility	N entering 27 N completing ND	
Judge JO, 1993	Design:	RCT	1 Control-placebo, Flexibility, Balance training, Control-placebo, Flexibility, Balance training	N entering ND N completing 9	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Strength training, Aerobic exercise, Flexibility, Balance training, Strength training, Aerobic exercise, Flexibility, Balance training	N entering ND N completing 12	
	Population:		Healthy elderly		

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Judge JO, 1993	Design:	RCT	1 Control-placebo, Flexibility, Balance training, Functional exercises/tasks,	N entering N completing	ND 13	Results: Included in meta-analysis of Strength.
	Jadad:	1	Control-placebo, Flexibility, Balance training, Functional exercises/tasks			
	Population:	2	Balance/falls/gait, neuromuscular/musculoskeletal, cardiovascular	Flexibility, Balance training, Strength training, Flexibility, Balance training, Strength training	N entering N completing	
Katzel L, 1995	Design:	RCT	1 Control-placebo, Dietary intervention,	N entering N completing	26 18	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Dietary intervention, Reminders, Dietary intervention, Reminders	N entering N completing	73 44	
	Population:	3	Healthy elderly, deconditioning, cardiovascular, obese	Dietary intervention, Aerobic exercise, Dietary intervention, Aerobic exercise	N entering N completing	
Kerr D, 1996	Design:	RCT	1 Individual education/counseling, Flexibility, Strength training,	N entering N completing	28 25	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	Individual education/counseling, Flexibility, Strength training			
	Population:	ND	2 Individual education/counseling, Flexibility, Strength training, Individual education/counseling, Flexibility, Strength training	N entering N completing	28 21	
Kerse NM, 1999	Design:	RCT	1 Usual care, Usual care	N entering N completing	132 112	Results: Excluded from meta-analysis of functional measures because study does not report on SF36, General Health, ADL/IADL, SIP.
	Jadad:	2	2 Provider education, Provider reminders, Provider education, Provider reminders	N entering N completing	135 121	
	Population:		Functional decline			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results		
King AC, 1997	Design:	RCT	1 Usual care, Usual care	N entering N completing	24 23	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	24 20		
	Population:	ND					
King AC, 1995	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	3	2 Group education/counseling, Aerobic exercise, Group education/counseling, Aerobic exercise	N entering N completing	ND 69		
	Population: Healthy elderly, deconditioning		3	Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing		ND 74
			4	Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing		ND 64

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
King AC, 1991	Design: Jadad: Population: Healthy elderly, deconditioning	RCT	1 Usual care, Usual care	N entering N completing	ND 75	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	2 Group education/counseling, Aerobic exercise, Group education/counseling, Aerobic exercise	N entering N completing	ND 74	
		3	3 Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	ND 77	
		4	4 Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	ND 74	
King AC, 2000	Design: Jadad: Population:	RCT	1 Aerobic exercise, Strength training, Individual education/counseling, Cognitive-behavioral, Reminders, Aerobic exercise, Strength training, Individual education/counseling, Cognitive-behavioral, Reminders	N entering N completing	ND 50	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		ND	2 Flexibility, Relaxation, Individual education/counseling, Cognitive-behavioral, Reminders, Flexibility, Relaxation, Individual education/counseling, Cognitive-behavioral, Reminders	N entering N completing	ND 46	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
King AC, 1993	Design: RCT Jadad: 2 Population: Healthy elderly, deconditioning	1	Usual care, Usual care	N entering N completing	ND 75	Results: Included in meta-analysis of VO2 Max and Depression.
		2	Group education/counseling, Aerobic exercise, Group education/counseling, Aerobic exercise	N entering N completing	ND 74	
		3	Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	ND 77	
		4	Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	ND 74	
Krebs DE, 1998	Design: RCT Jadad: 1 Population: Arthritis, functional decline, neuro/muscu, cardiovascular, pulmonary	1	Usual care, Usual care	N entering N completing	108 66	Results: Included in meta-analysis of Strength.
		2	Individual education/counseling, Strength training, Cognitive-behavioral, Reminders, Material incentive, Individual education/counseling, Strength training, Cognitive-behavioral, Reminders, Material incentive	N entering N completing	107 54	
Kriska AM, 1986	Design: RCT Jadad: 2 Population: Healthy elderly	1	Usual care, Usual care	N entering N completing	115 115	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Aerobic exercise, Psychosocial intervention, Aerobic exercise, Psychosocial intervention	N entering N completing	114 114	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Kutner NG, 1997	Design: Jadad: Population: Healthy elderly, deconditioning	RCT	1 Control-placebo, Group education/counseling, Control-placebo, Group education/counseling	N entering 64 N completing 40	Results: Included in meta-analysis of SF36 and General Health.
		1	2 Balance training, Balance training	N entering 72 N completing 51	
		2	3 Balance training, Balance training	N entering 64 N completing 61	
		3			
Lau EM, 1992	Design: Jadad: Population:	RCT	1 Control-placebo, Control-placebo	N entering ND N completing 12	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	2 Control-placebo, Aerobic exercise, Flexibility, Control-placebo, Aerobic exercise, Flexibility	N entering ND N completing 11	
		ND	3 Medication, Medication	N entering ND N completing 12	
		4	4 Medication, Aerobic exercise, Flexibility, Medication, Aerobic exercise, Flexibility	N entering ND N completing 15	
Lazowski DA, 1999	Design: Jadad: Population: Arthritis, balance/falls/gait, cognitive impairment, functional decline, cardiovascular, cancer	RCT	1 Flexibility, Aerobic exercise, Strength training, Balance training, Flexibility, Aerobic exercise, Strength training, Balance training	N entering 55 N completing 36	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		3	2 Flexibility, Functional exercises /tasks, Group education /counseling, Relaxation, Flexibility, Functional exercises/tasks, Group education /counseling, Relaxation	N entering 41 N completing 32	
		2			

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Lewis CE, 1993	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND Results: Study was not considered for meta-
	Jadad:	1	2 Provider education, Aerobic exercise, Strength training, Exercise program NOS, Individual education/ counseling, Group education/ counseling, Cognitive-behavioral, Provider education, Aerobic exercise, Strength training, Exercise program NOS, Individual education/ counseling, Group education/ counseling, Cognitive-behavioral	N entering N completing	ND analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
Lichtenstein MJ, 1989	Population:	Deconditioning			
	Design:	RCT	1 Usual care, Usual care	N entering N completing	26 Results: Study was not considered for meta-
	Jadad:	3	2 Flexibility, Balance training, Functional exercises/tasks, Aerobic exercise, Relaxation, Flexibility, Balance training, Functional exercises/tasks, Aerobic exercise, Relaxation	N entering N completing	24 analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Balance/falls/gait, cognitive impairment, functional decline, vision			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Logsdon DN, 1986	Design: RCT Jadad: 2 Population: Deconditioning, obesity	1	Group education/counseling, Cognitive-behavioral, Individual education/counseling, Group education/counseling, Cognitive-behavioral, Individual education/counseling	N entering 25 N completing 25	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Group education/counseling, Cognitive-behavioral, Individual education/counseling, Feedback, Group education/counseling, Cognitive-behavioral, Individual education/counseling, Feedback	N entering 25 N completing 25	
		3	Group education/counseling, Cognitive-behavioral, Individual education/counseling, Feedback, Reminders, Group education/counseling, Cognitive-behavioral, Individual education/counseling, Feedback, Reminders	N entering 25 N completing 25	
Lovibond SH, 1986	Design: RCT Jadad: 1 Population: Deconditioning, cardiovascular, obese, hychol,hytrigl	1	Cognitive-behavioral, Group education/counseling, Cognitive-behavioral, Group education /counseling	N entering 25 N completing ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Cognitive-behavioral, Group education/counseling, Feedback, Cognitive-behavioral, Group education/counseling, Feedback	N entering 25 N completing ND	
		3	Cognitive-behavioral, Group education/counseling, Feedback, Reminders, Cognitive-behavioral, Group education/counseling, Feedback, Reminders	N entering 25 N completing ND	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Mann GV, 1969	Design:	RCT	1	Usual care, Usual care	N entering 28 N completing ND	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
			Jadad:	2	2	
	Population: Deconditioning, cardiovascular	3	3	Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering 21 N completing ND	
			4	Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering 25 N completing ND	
			5	Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering 23 N completing ND	
			6	Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering 16 N completing ND	
Martin D, 1993	Design:	RCT	1	Control-placebo, Medication, Control-placebo, Medication	N entering 24 N completing 19	
			Jadad:	1	2	Aerobic exercise, Medication, Aerobic exercise, Medication
	Population:	ND	3	Aerobic exercise, Medication, Aerobic exercise, Medication	N entering 25 N completing 16	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Martin JE, 1984	Design: Jadad: Population: overweight	RCT	1	Group education/counseling, Aerobic exercise, Feedback, Reminders,	N entering N completing	7 Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2	Group education/counseling, Aerobic exercise, Feedback, Reminders		
			2	Group education/counseling, Aerobic exercise, Feedback, Reminders, Group education/counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	
			3	Group education/counseling, Aerobic exercise, Reminders, Feedback,	N entering N completing	
			4	Group education/counseling, Aerobic exercise, Reminders, Feedback, Group education/counseling, Aerobic exercise, Reminders, Feedback	N entering N completing	
Martin JE, 1984	Design: Jadad: Population: obesity	RCT	1	Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral, Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral	N entering N completing	12 Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2	Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral, Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral	N entering N completing	
			3	Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral, Feedback, Group education/counseling, Aerobic exercise, Reminders, Cognitive-behavioral, Feedback	N entering N completing	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
McAuley E, 1994	Design:	RCT	1 Control-placebo, Group education/counseling, Aerobic exercise, Flexibility, Control-placebo, Group education/counseling, Aerobic exercise, Flexibility	N entering N completing	ND Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1			
	Population: Healthy elderly, deconditioning		2 Group education/counseling, Aerobic exercise, Flexibility, Cognitive-behavioral, Psychosocial intervention, Group education/counseling, Aerobic exercise, Flexibility, Cognitive-behavioral, Psychosocial intervention	N entering N completing	ND
McCartney N, 1995	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering N completing	66 Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Strength training, Strength training	N entering N completing	76
	Population:	ND			60
McMurdo ME, 1997	Design:	RCT	1 Dietary intervention, Dietary intervention	N entering N completing	60 Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Dietary intervention, Strength training, Dietary intervention, Strength training	N entering N completing	58
	Population:	ND			44
McMurdo ME, 1993	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	ND Results: Excluded from meta-analysis of Depression because study only reports a change, therefore there are insufficient statistics.
	Jadad:	3	2 Flexibility, Strength training, Flexibility, Strength training	N entering N completing	ND
	Population:	ND			ND

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
McMurdo ME, 2000	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	56 38	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Health risk appraisal, Balance training, Strength training, Flexibility,	N entering N completing	77 47	
	Population:	ND	Health risk appraisal, Balance training, Strength training, Flexibility			
McMurdo MET 1992	Design:	RCT	1 Group education/counseling, Group education/counseling	N entering N completing	43 40	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	2 Aerobic exercise, Strength training, Flexibility, Aerobic exercise, Strength training, Flexibility	N entering N completing	44 41	
	Population:	Healthy elderly				
McMurdo ME 1994	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	29 23	Results: Included in meta-analysis of Strength.
	Jadad:	3	2 Strength training, Flexibility, Strength training, Flexibility	N entering N completing	36 32	
	Population:	ND				
Means KM, 1996	Design:	RCT	1 Cognitive-behavioral, Health risk appraisal, Flexibility, Aerobic exercise, Functional exercises/tasks,	N entering N completing	52 34	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	Cognitive-behavioral, Health risk appraisal, Flexibility, Aerobic exercise, Functional exercises/tasks			
	Population:	Balance/falls/gait	2 Cognitive-behavioral, Health risk appraisal, Flexibility, Aerobic exercise, Functional exercises/tasks,	N entering N completing	47 31	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Meuleman JR, 2000	Design:	RCT	1 Usual care, Usual care	N entering 39 N completing 10	Results: Included in meta-analysis of Strength.
	Jadad:	3	2 Strength training, Aerobic exercise, Strength training, Aerobic exercise	N entering 39 N completing 14	
	Population:	Cognitive impairment, functional decline, cardiovascular			
Mihalko SL 1996	Design:	RCT	1 Flexibility, Group education/counseling, Flexibility, Group education/counseling	N entering 29 N completing ND	Results: Included in meta-analysis of ADL/IADL.
	Jadad:	1	2 Group education/counseling, Strength training, Group education/counseling, Strength training	N entering 29 N completing ND	
	Population:	Deconditioning, functional decline			
Mills EM 1994	Design:	CCT	1 Usual care, Usual care	N entering ND N completing 27	Results: Included in meta-analysis of Strength.
	Jadad:	1	2 Flexibility, Strength training, Flexibility, Strength training	N entering ND N completing 20	
	Population:	Deconditioning			
Molloy DW, 1988	Design:	RCT	1 Usual care, Usual care	N entering 25 N completing 22	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Strength training, Balance training, Functional exercises/tasks, Strength training, Balance training, Functional exercises/tasks	N entering 25 N completing 23	
	Population:	ND			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Morey MC, 1999	Design: RCT Jadad: 2 Population: Deconditioning, arthritis, vision, neuromuscular/musculoskeletal, vision, cardiovascular, cancer	1	Flexibility, Aerobic exercise, Individual education/counseling, Reminders	N entering 70 N completing 61	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Group education/counseling, Reminders, Flexibility, Aerobic exercise, Individual education/counseling, Group education/counseling, Reminders	N entering 64 N completing 53	
		2	Flexibility, Aerobic exercise, Individual education/counseling, Group education/counseling, Feedback, Reminders, Flexibility, Aerobic exercise, Individual education/counseling, Group education/counseling, Feedback, Reminders	N entering 64 N completing 53	
		2	Group education/counseling, Feedback, Reminders, Flexibility, Aerobic exercise, Individual education/counseling, Group education/counseling, Feedback, Reminders	N entering 64 N completing 53	
Morganti CM, 1995	Design: RCT Jadad: 2 Population: Healthy elderly	1	Usual care, Usual care	N entering 19 N completing 19	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility	N entering 21 N completing 20	
		2	Strength training, Aerobic exercise, Flexibility	N entering 21 N completing 20	
Morris JN, 1999	Design: RCT Jadad: 2 Population: Arthritis, cognitive impairment, depression, cardiovascular, medical instability	1	Usual care, Usual care	N entering 155 N completing 124	Results: Included in meta-analysis of ADL/IADL and Strength.
		2	Psychosocial intervention, Functional exercises/tasks, Psychosocial intervention, Functional exercises /tasks	N entering 171 N completing 144	
		3	Strength training, Aerobic exercise, Strength training, Aerobic exercise	N entering 142 N completing 124	
		3	Strength training, Aerobic exercise, Strength training, Aerobic exercise	N entering 142 N completing 124	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Mulrow CD, 1994	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	97 88	Results: Included in meta-analysis of SIP, Strength, and Depression.
	Jadad:	2	2 Flexibility, Strength training, Control-placebo, Functional exercises/tasks, Gait training, Flexibility, Strength training, Control-placebo, Functional exercises/tasks, Gait training	N entering N completing	97 92	
	Population:	All comorbidities except deconditioning and other geriatric syndrome				
Singh NA, 1997	Design:	RCT	1 Attention Control	N entering N completing	15 15	Results: Included in depression analysis
	Jadad:	3	2 Strength training	N entering N completing	17 17	
	Population:	Beck Depression Index greater than 12				
Naso F, 1990	Design:	RCT	1 Usual care, Usual care	N entering N completing	7 5	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	8 6	
	Population:	ND				
Naso, 1990	Design:	RCT	1 Usual care, Usual care	N entering N completing	7 5	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	8 6	
	Population:	ND				
Nelson ME, 1994	Design:	RCT	1 Usual care, Usual care	N entering N completing	19 19	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility	N entering N completing	21 20	
	Population:	Deconditioning, smoking				

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Nichols JF, 1993	Design:	RCT	1 Usual care, Usual care	N entering N completing	18 Results: Study was not 15 considered for meta-
	Jadad:	2	2 Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility	N entering N completing	18 analysis because 15 Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Physical activity			
Nichols JF, 1995	Design:	RCT	1 Usual care, Usual care	N entering N completing	20 Results: Included in meta- 19 analysis of Strength.
	Jadad:	2	2 Strength training, Strength training	N entering N completing	20 ND
	Population:	Healthy elderly, deconditioning	3 Strength training, Strength training	N entering N completing	20 ND
Nishimoto K, 1999	Design:	RCT	1 Usual care, Usual care	N entering N completing	10 Results: Excluded from 10 meta-analysis of VO2
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	10 Max because study 10 doesn't report data on this outcome. Excluded from meta-analysis of Strength because study focused on small muscles.
	Population:	Arthritis, cognitive impairment, cardiovascular			
Okumiya K, 1996	Design:	RCT	1 Usual care, Usual care	N entering N completing	21 Results: Excluded from 21 meta-analysis of VO2
	Jadad:	2	2 Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility, Strength training	N entering N completing	21 Max because study 21 doesn't report data on this outcome.
	Population:	Healthy elderly			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Oman RF 1998	Design: Jadad: Population: Healthy elderly, deconditioning	RCT	1 Usual care, Usual care	N entering N completing	ND ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		3	2 Group education/counseling, Aerobic exercise, Group education /counseling, Aerobic exercise	N entering N completing	21	
		3	3 Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/ counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	20	
		4	4 Individual education/counseling, Aerobic exercise, Feedback, Reminders, Individual education/ counseling, Aerobic exercise, Feedback, Reminders	N entering N completing	ND 22	
Peel N, 1998	Design: Jadad: Population: Healthy elderly, balance/falls/gait	RCT	1 Group education/counseling, Group education/counseling	N entering N completing	ND ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	2 Group education/counseling, Exercise program NOS, Group education/counseling, Exercise program NOS	N entering N completing	ND ND	
		3	3 Group education/counseling, Exercise program NOS, Health risk appraisal, Group education /counseling, Exercise program NOS, Health risk appraisal	N entering N completing	ND ND	
		4	4 Group education/counseling, Exercise program NOS, Health risk appraisal, Group education/ counseling, Exercise program NOS, Health risk appraisal	N entering N completing	ND ND	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Peel, 2000	Design:	RCT	1	Control-placebo, Group education/ counseling, Reminders, Control- placebo, Group education/ counseling, Reminders	N entering 69 N completing ND	Results: Study was not considered for meta- analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:		2			
	Population:	Balance/falls/gait	2	Group education/counseling, Exercise program NOS, Reminders, Group education/counseling, Exercise program NOS, Reminders	N entering 69 N completing ND	
			3	Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Reminders, Group education/ counseling, Exercise program NOS, Health risk appraisal, Material incentive, Reminders	N entering 61 N completing ND	
			4	Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Individual education/counseling, Reminders, Group education/ counseling, Exercise program NOS, Health risk appraisal, Material incentive, Individual education/ counseling, Reminders	N entering 59 N completing ND	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Pereira MA, 1998	Design:	RCT	1 Usual care, Usual care	N entering 115 N completing 100	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Psychosocial intervention, Aerobic exercise, Psychosocial intervention	N entering 114 N completing 96	
	Population:	Healthy elderly			
Pereira MA, 1996	Design:	RCT	1 Usual care, Usual care	N entering 115 N completing 100	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Psychosocial intervention, Aerobic exercise, Psychosocial intervention	N entering 114 N completing 96	
	Population:	Healthy elderly			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Perri MG, 1986	Design:	RCT	1 Cognitive-behavioral, Material incentive, Group education/ counseling, Flexibility, Aerobic exercise, Psychosocial intervention, Individual education/counseling, Reminders, Cognitive-behavioral, Material incentive, Group education/ counseling, Flexibility, Aerobic exercise, Psychosocial intervention, Individual education/counseling, Reminders	N entering N completing	ND 18	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1				
	Population:	Obesity				
			2 Cognitive-behavioral, Material incentive, Group education/ counseling, Exercise program NOS, Psychosocial intervention, Individual education/counseling, Reminders, Cognitive-behavioral, Material incentive, Group education/ counseling, Exercise program NOS, Psychosocial intervention, Individual education/counseling, Reminders	N entering N completing	ND 17	
		3 Cognitive-behavioral, Material incentive, Group education/ counseling, Flexibility, Aerobic exercise, Cognitive-behavioral, Material incentive, Group education/ counseling, Flexibility, Aerobic exercise	N entering N completing	ND 16		
		4 Cognitive-behavioral, Material incentive, Group education /counseling, Exercise program NOS, Cognitive-behavioral, Material incentive, Group education/ counseling, Exercise program NOS	N entering N completing	ND 16		

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Perrig-Chiello P, 1998	Design:	RCT	1 Usual care, Usual care	N entering N completing	23 Results: Excluded from meta-analysis of Strength
	Jadad:	2	2 Strength training, Strength training	N entering N completing	23 because study does not report data on this outcome.
	Population:	ND			
Schoenfelder, 2000	Design:	RCT	1 Usual care, Usual care	N entering N completing	7 Results: Study was not considered for meta-
	Jadad:	2	2 Aerobic exercise, Strength training, Aerobic exercise, Strength training	N entering N completing	9 analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Balance/falls/gait			
Posner JD, 1990	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	ND Results: Study was not considered for meta-
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	ND analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Healthy elderly, deconditioning, cardiovascular	3 Aerobic exercise, Aerobic exercise	N entering N completing	ND
Posner JD, 1992	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	ND Results: Included in meta-analysis of VO2 Max.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise	N entering N completing	ND 116
	Population:	Healthy elderly, deconditioning			
Preisinger E, 1995	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND Results: Study was not considered for meta-
	Jadad:	1	2 Aerobic exercise, Flexibility, Balance training, Strength training, Functional exercises/tasks, Aerobic exercise, Flexibility, Balance training, Strength training, Functional exercises/tasks	N entering N completing	ND analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population:	Healthy elderly			

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Prince R, 1995	Design:	RCT	1 Control-placebo, Control-placebo	N entering N completing	42 ND	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Dietary intervention, Dietary intervention	N entering N completing	42 ND	
	Population:	ND	3 Dietary intervention, Dietary intervention	N entering N completing	42 ND	
			4 Dietary intervention, Strength training, Aerobic exercise, Dietary intervention, Strength training, Aerobic exercise	N entering N completing	42 ND	
Prince RL, 1991	Design:	RCT	1 Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering N completing	41 35	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	4	2 Aerobic exercise, Aerobic exercise, Medication, Aerobic exercise, Aerobic exercise, Medication	N entering N completing	39 36	
	Population:	Low bone density	3 Aerobic exercise, Aerobic exercise, Medication, Aerobic exercise, Aerobic exercise, Medication	N entering N completing	40 32	
Probart CK, 1991	Design:	RCT	1 Usual care, Usual care	N entering N completing	6 6	Results: Included in meta-analysis of VO2 Max.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	10 10	
	Population:	Healthy elderly				

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Pruitt LA, 1995	Design:	RCT	1 Usual care, Usual care	N entering 12 N completing 11	Results: Excluded from meta-analysis of Strength because study does not report data on this outcome.
		2	2 Group education/counseling, Feedback, Strength training, Flexibility, Dietary intervention, Group education/counseling, Feedback, Strength training, Flexibility, Dietary intervention	N entering 15 N completing 8	
	Jadad:	2	2 Group education/counseling, Feedback, Strength training, Flexibility, Dietary intervention	N entering 13 N completing 7	
		3	3 Group education/counseling, Feedback, Strength training, Flexibility, Dietary intervention, Group education/counseling, Feedback, Strength training, Flexibility, Dietary intervention	N entering 13 N completing 7	
Population:	Healthy elderly				
Pyka G, 1994	Design:	RCT	1 Usual care, Usual care	N entering 14 N completing 14	Results: Included in meta-analysis of Strength.
	Jadad:	1	2 Strength training, Aerobic exercise, Flexibility, Strength training, Aerobic exercise, Flexibility	N entering 11 N completing 8	
	Population:	Deconditioning			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Ready AE, 1996	Design:	RCT	1 Usual care, Usual care	N entering 25 N completing 20	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
		2	2 Aerobic exercise, Group education/counseling, Flexibility, Dietary intervention, Aerobic exercise, Group education/counseling, Flexibility, Dietary intervention	N entering 27 N completing 19		
	ND	3	3 Aerobic exercise, Group education/counseling, Flexibility, Dietary intervention, Aerobic exercise, Group education/counseling, Flexibility, Dietary intervention	N entering 27 N completing 17		
		3	3 Aerobic exercise, Dietary intervention, Individual education/counseling, Aerobic exercise, Dietary intervention, Individual education/counseling	N entering 10 N completing 7		
Reid CM, 1994	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering 10 N completing 7	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.	
	Jadad:	1	2	2 Dietary intervention, Individual education/counseling, Dietary intervention, Individual education/counseling		N entering 10 N completing 9
			3	3 Aerobic exercise, Dietary intervention, Individual education/counseling, Aerobic exercise, Dietary intervention, Individual education/counseling		N entering 10 N completing 7
Population:	Deconditioning, cardiovascular, obese, hyperlipidemia					

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results				
Reinsch S, 1992	Design:	RCT	1	Control-placebo, Control-placebo	N entering 50 N completing 42	Results: Included in meta-analysis of Strength.			
			Jadad:	2	Strength training, Balance training, Flexibility, Material incentive,		N entering 57 N completing 44		
				Population:	Balance/falls/gait		2	Strength training, Balance training, Flexibility, Material incentive	
							3	Cognitive-behavioral, Functional exercises/tasks, Material incentive, Cognitive-behavioral, Functional exercises/tasks, Material incentive	N entering 51 N completing 37
			4	Strength training, Balance training, Flexibility, Cognitive-behavioral, Functional exercises/tasks, Material incentive, Strength training, Balance training, Flexibility, Cognitive-behavioral, Functional exercises/tasks, Material incentive	N entering 72 N completing 61				
Revel M, 1993	Design:	RCT	1	Control-placebo, Strength training, Reminders, Control-placebo, Strength training, Reminders	N entering 39 N completing 33	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.			
			Jadad:	2	Strength training, Reminders, Strength training, Reminders		N entering 39 N completing 34		
				Population:	Healthy elderly				
Rhodes EC, 2000	Design:	RCT	1	Usual care, Usual care	N entering 22 N completing 18	Results: Included in meta-analysis of Strength.			
			Jadad:	1	Strength training, Aerobic exercise, Flexibility, Reminders, Strength training, Aerobic exercise, Flexibility, Reminders		N entering 22 N completing 20		
				Population:	Healthy elderly, deconditioning				

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Rider RA, 1991	Design:	RCT	1 Control-placebo, Aerobic exercise, Control-placebo, Aerobic exercise	N entering 10 N completing 10	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Flexibility, Flexibility	N entering 10 N completing 10	
	Population:	ND			
Robertson MC, 2001	Design:	RCT	1 Usual care, Usual care	N entering 119 N completing 98	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	3	2 Strength training, Balance training, Aerobic exercise, Individual education/counseling, Strength training, Balance training, Aerobic exercise, Individual education/ counseling	N entering 121 N completing 113	
	Population:	Balance/falls/gait, cognitive impairment, functional decline, neuromuscular/ musculoskeletal			
Robertson, 2001	Design:	RCT	1 Control-placebo, Control-placebo	N entering 117 N completing 81	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Individual education/counseling, Strength training, Balance training, Aerobic exercise, Reminders, Individual education/counseling, Strength training, Balance training, Aerobic exercise, Reminders	N entering 116 N completing 71	
	Population:	Balance/falls/gait			
Rooks DS, 1997	Design:	CCT	1 Control-placebo, Control-placebo	N entering 51 N completing 44	Results: Included in meta-analysis of Strength.
	Jadad:	1	2 Strength training, Aerobic exercise, Strength training, Aerobic exercise	N entering 40 N completing 37	
	Population:	Healthy elderly, depression	3 Aerobic exercise, Aerobic exercise	N entering 40 N completing 25	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Rooks DS, 1997	Design:	RCT	1 Aerobic exercise, Strength training, Balance training, Aerobic exercise, Strength training, Balance training	N entering N completing	11 9	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering N completing	11 9	
	Population:	ND				
Rubenstein LZ, 2000	Design:	RCT	1 Usual care, Usual care	N entering N completing	28 27	Results: Included in meta-analysis of SF36, General Health and Strength.
	Jadad:	3	2 Strength training, Aerobic exercise, Balance training, Strength training, Aerobic exercise, Balance training	N entering N completing	31 28	
	Population:	Arthritis, balance/falls/gait, cognitive impairment, functional decline, cardiovascular, pulmonary, obesity				
Sandler RB, 1987	Design:	RCT	1 Usual care, Usual care	N entering N completing	125 120	Results: Excluded from meta-analysis of Strength because study reported hand grip only.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise, Aerobic exercise, Aerobic exercise	N entering N completing	130 121	
	Population:	Deconditioning				
Sauvage Jr LR, 1992	Design:	CCT	1 Usual care, Usual care	N entering N completing	6 6	Results Included in meta-analysis of VO2 Max and Strength.
	Jadad:	1	2 Aerobic exercise, Strength training, Aerobic exercise, Strength training	N entering N completing	10 8	
	Population:	Deconditioning, arthritis, balance/falls/gait, depression, vision, liver disease, diabetes				

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Sagiv M, 1989	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering 20 N completing 20	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Strength training, Strength training	N entering 20 N completing 20	
	Population:	Healthy elderly			
Schuit AJ, 1997	Design:	RCT	1 Usual care, Usual care	N entering 86 N completing 60	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
	Jadad:	2	2 Aerobic exercise, Aerobic exercise	N entering 96 N completing 64	
	Population:	Healthy elderly			
Seminario NA, 1999	Design:	RCT	1 Control-placebo, Control-placebo	N entering ND N completing 11	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Medication, Aerobic exercise, Medication, Aerobic exercise	N entering ND N completing 12	
	Population:	ND			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Sherrington C, 1997	Design:	RCT	1 Usual care, Usual care	N entering 21 N completing 20	Results: Included in meta-analysis of Strength.
	Jadad:	3	2 Strength training, Strength training	N entering 21 N completing 20	
	Population:	Arthritis, balance/falls/gait, cognitive impairment, functional decline, neuro/muscu, cardiovascular, diabetes			
Simmons V, 1996	Design:	RCT	1 Control-placebo, Control-placebo	N entering 14 N completing 8	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	2 Control-placebo, Control-placebo	N entering 12 N completing 9	
	Population:	Healthy elderly	3 Balance training, Balance training	N entering 13 N completing 10	
			4 Balance training, Balance training	N entering 13 N completing 12	
Sinaki M, 1989	Design:	RCT	1 Control-placebo, Individual education/counseling, Control-placebo, Individual education/counseling	N entering 34 N completing 31	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2			
	Population:	Healthy elderly	2 Individual education/counseling, Strength training, Individual education/counseling, Strength training	N entering 34 N completing 34	
Sipila S, 1996	Design:	RCT	1 Usual care, Usual care	N entering 11 N completing 11	Results: Excluded from meta-analysis of VO2 Max because study doesn't report data on this outcome.
	Jadad:	2	2 Aerobic exercise, Flexibility, Strength training, Reminders, Aerobic exercise, Flexibility, Strength training, Reminders	N entering 16 N completing 12	
	Population:	ND	3 Aerobic exercise, Flexibility, Reminders, Aerobic exercise, Flexibility, Reminders	N entering 15 N completing 12	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Sipila S, 1995	Design:	RCT	1 Usual care, Usual care	N entering N completing	11 11	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 2 Aerobic exercise, Flexibility, Strength training, Reminders, Aerobic exercise, Flexibility, Strength training, Reminders	N entering N completing	16 12	
	Jadad:	2				
		3				
Population:	ND					
			3 Aerobic exercise, Flexibility, Reminders, Aerobic exercise, Flexibility, Reminders	N entering N completing	15 12	
Skelton DA, 1995	Design:	RCT	1 Usual care, Usual care	N entering N completing	23 20	Results: Included in meta-analysis of Strength.
			2 2 Strength training, Group education/counseling, Material incentive, Reminders, Flexibility, Strength training, Group education/counseling, Material incentive, Reminders, Flexibility	N entering N completing	24 20	
	Jadad:	3				
Population:	Healthy elderly					
Smidt GL, 1991	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND 27	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 2 Strength training, Strength training	N entering N completing	ND 22	
	Jadad:	2				
Population:	ND					
Smidt GL, 1992	Design:	RCT	1 Usual care, Usual care	N entering N completing	ND 27	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
			2 2 Group education/counseling, Strength training, Feedback, Group education/counseling, Strength training, Feedback	N entering N completing	ND 22	
	Jadad:	2				
Population:	ND					

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Steinberg M, 2000	Design:	RCT	1 Control-placebo, Group education/counseling, Reminders,	N entering 63 N completing 61	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2	Control-placebo, Group education/counseling, Reminders		
	Population:	ND	2 Group education/counseling, Exercise program NOS, Reminders, Group education/counseling, Exercise program NOS, Reminders	N entering 69 N completing 68	
			3 Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Reminders, Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Reminders	N entering 61 N completing 58	
			4 Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Individual education/counseling, Reminders, Group education/counseling, Exercise program NOS, Health risk appraisal, Material incentive, Individual education/counseling, Reminders	N entering 59 N completing 56	
Steinhaus LA, 1990	Design:	RCT	1 Control-placebo, Flexibility, Aerobic exercise, Material incentive, Control-	N entering 16 N completing 15	Results: Included in meta-analysis of VO2 Max.
	Jadad:	2	placebo, Flexibility, Aerobic exercise, Material incentive		
	Population: cardiovascular	Deconditioning,	2 Aerobic exercise, Material incentive, Aerobic exercise, Material incentive	N entering 16 N completing 13	

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Stevens W, 1998	Design:	RCT	1 Control-placebo, Individual education/counseling, Control-placebo, Individual education/counseling	N entering 351 N completing 215	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	2			
	Population:	Deconditioning	2 Individual education/counseling, Aerobic exercise, Individual education/counseling, Aerobic exercise	N entering 363 N completing 200	
Sunami Y, 1999	Design:	RCT	1 Usual care, Usual care	N entering 20 N completing 20	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise	N entering 20 N completing 20	
	Population:	Healthy elderly			
Swinburn BA, 1998	Design:	RCT	1 Individual education/counseling, Individual education/counseling	N entering 252 N completing 238	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	0	2 Individual education/counseling, Reminders, Individual education/counseling, Reminders	N entering 239 N completing 218	
	Population:	Deconditioning, cardiovascular, hypercholesterolemia			
Taaffe DR, 1999	Design:	RCT	1 Usual care, Usual care	N entering 14 N completing 12	Results: Included in meta-analysis of Strength.
	Jadad:	2	2 Strength training, Flexibility, Strength training, Flexibility	N entering 14 N completing 11	
	Population:	Healthy elderly	3 Strength training, Flexibility, Strength training, Flexibility	N entering 14 N completing 12	
			4 Strength training, Flexibility, Strength training, Flexibility	N entering 11 N completing 11	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results	
Taunton JE, 1996	Design:	RCT	1	Aerobic exercise, Flexibility, Strength training, Psychosocial intervention,	N entering 23 N completing 23	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:		1	Aerobic exercise, Flexibility, Strength training, Psychosocial intervention		
	Population:	Deconditioning	2	Aerobic exercise, Flexibility, Strength training, Psychosocial intervention, Aerobic exercise, Flexibility, Strength training, Psychosocial intervention	N entering 18 N completing 18	
Tennstedt S, 1998	Design:	RCT	1	Control-placebo, Group education/counseling, Control-placebo, Group education/counseling	N entering 218 N completing 176	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:		2	2 Psychosocial intervention, Group education/counseling, Cognitive-behavioral, Strength training, Psychosocial intervention, Group education/counseling, Cognitive-behavioral, Strength training	N entering 216 N completing 170	
	Population:	Balance/falls/gait, functional decline				
Topp R, 1993	Design:	RCT	1	Control-placebo, Control-placebo	N entering 32 N completing 30	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:		2	2 Group education/counseling, Strength training, Flexibility, Group education/counseling, Strength training, Flexibility	N entering 31 N completing 25	
	Population:	Arthritis, cardiovascular, pulmonary, cancer, metab, gi disease				
Topp R, 1996	Design:	RCT	1	Control-placebo, Control-placebo	N entering 29 N completing 21	Results: Excluded from meta-analysis of Strength because study focused on small muscles.
	Jadad:		2	2 Strength training, Group education/counseling, Strength training, Group education/counseling	N entering 32 N completing 21	
	Population:	ND				

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Verfaillie DF, 1997	Design:	RCT	1 Control-placebo, Flexibility, Strength training, Balance training, Control-placebo, Flexibility, Strength training, Balance training	N entering 18 N completing 15	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1			
	Population:	Healthy elderly	2 Aerobic exercise, Flexibility, Strength training, Balance training, Gait training, Aerobic exercise, Aerobic exercise, Flexibility, Strength training, Balance training, Gait training, Aerobic exercise	N entering 21 N completing 18	
De Vito G, 1999	Design:	RCT	1 Usual care, Usual care	N entering 11 N completing 9	Results: Included in meta-analysis of VO2 Max.
	Jadad:	1	2 Aerobic exercise, Flexibility, Aerobic exercise, Flexibility	N entering 11 N completing 11	
	Population:	ND			
Wagner EH, 1994	Design:	RCT	1 Usual care, Usual care	N entering 607 N completing ND	Results: Excluded from meta-analysis of functional measures because SF36 outcome is reported categorically.
	Jadad:	2	2 Individual education/counseling, Aerobic exercise, Psychosocial intervention, Cognitive-behavioral, Individual education/counseling, Aerobic exercise, Psychosocial intervention, Cognitive-behavioral	N entering 635 N completing ND	
	Population:	Balance/falls/gait, functional decline, vision, alcohol	3 Individual education/counseling, Individual education/counseling	N entering 317 N completing ND	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Wallace JI, 1998	Design:	RCT	1 Usual care, Usual care	N entering 47 N completing 45	Results: Included in meta-analysis of General Health, SIP, and Depression.
	Jadad:	2	2 Health risk appraisal, Individual education/counseling, Dietary intervention, Smoking intervention, Aerobic exercise, Balance training, Strength training, Flexibility, Health risk appraisal, Individual education/counseling, Dietary intervention, Smoking intervention, Aerobic exercise, Balance training, Strength training, Flexibility	N entering 53 N completing 45	
	Population:	Functional decline			
Welsh L, 1996	Design:	CCT	1 Usual care, Usual care	N entering 24 N completing 15	Results: Excluded from meta-analysis of Strength because of insufficient statistics.
	Jadad:	1	2 Aerobic exercise, Flexibility, Strength training, Reminders, Aerobic exercise, Flexibility, Strength training, Reminders	N entering 23 N completing 15	
	Population:	ND			
White MK, 1984	Design:	RCT	1 Aerobic exercise, Aerobic exercise	N entering 36 N completing 27	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Jadad:	1	2 Aerobic exercise, Aerobic exercise	N entering 36 N completing 25	
	Population:	ND			
Williams P 1997	Design:	RCT	1 Usual care, Usual care	N entering 97 N completing 78	Results: Included in meta-analysis of Strength and Depression.
	Jadad:	2	2 Aerobic exercise, Balance training, Strength training, Flexibility, Relaxation, Aerobic exercise, Balance training, Strength training, Flexibility, Relaxation	N entering 100 N completing 71	
	Population:	Deconditioning, arthritis, balance/falls/gait, cardiovascular, drug use			

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Wolf SL, 1996	Design: RCT Jadad: 3 Population: Deconditioning, balance/falls/gait, vision	1	Group education/counseling, Group education/counseling	N entering 64 N completing 61	Results: Excluded from meta-analysis of VO2 Max and Strength because study does not report data on these outcomes.
		2	Balance training, Balance training	N entering 72 N completing 66	
		3	Balance training, Balance training	N entering 64 N completing 60	
Wolf SL, 1997	Design: RCT Jadad: 3 Population: Deconditioning, balance/falls/gait, vision	1	Group education/counseling, Group education/counseling	N entering 24 N completing 19	Results: Study was not considered for meta-analysis because Strength, Depression, VO2 Max, or Functional Measures were not reported.
		2	Balance training, Balance training	N entering 24 N completing 19	
		3	Balance training, Balance training	N entering 24 N completing 16	

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results		
Wolfson L, 1996	Design:	RCT	1	Group education/counseling, Balance training, Group education/counseling, Balance training	N entering N completing	27 ND	Results: Included in meta-analysis of Strength.
			2				
	Jadad:	Healthy elderly, balance/falls/gait, functional decline		2	Group education/counseling, Balance training, Balance training, Individual education/counseling, Gait training, Group education/counseling, Balance training, Balance training, Individual education/counseling, Gait training	N entering N completing	28 ND
				3	Group education/counseling, Balance training, Strength training, Flexibility, Group education/counseling, Balance training, Strength training, Flexibility	N entering N completing	28 ND
			4	Group education/counseling, Balance training, Balance training, Individual education/counseling, Gait training, Strength training, Flexibility, Group education/counseling, Balance training, Balance training, Individual education/counseling, Gait training, Strength training, Flexibility	N entering N completing	27 ND	
Woods JA, 1999	Design:	RCT	1	Control-placebo, Flexibility, Reminders, Control-placebo, Flexibility, Reminders	N entering N completing	17 15	Results: Included in meta-analysis of VO2 Max.
				2	Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	
	Jadad:	1					
	Population:	Deconditioning					
Woolf-May K, 1931	Design:	RCT	1	Usual care, Usual care	N entering N completing	14 14	Results: Excluded from meta-analysis of VO2 Max because study doesn't report follow-up data.
				2	Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	
	Jadad:	1					
	Population:	Healthy elderly, deconditioning					

ND: Not Described

Evidence Table - Exercise for older adults

Author, Year	Study Characteristics	Arm	Interventions	Sample Size	Summary of Results
Woolf-May K, 1998	Design:	RCT	1 Usual care, Usual care	N entering N completing	17 Results: Excluded from 16 meta-analysis of VO2
	Jadad:	1	2 Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	22 Max because study 17 doesn't report data on this
	Population: deconditioning	Healthy elderly,	3 Aerobic exercise, Reminders, Aerobic exercise, Reminders	N entering N completing	23 outcome. 16
Wylie-Rosett J, 1994	Design:	RCT	1 Control-placebo, Group education/counseling, Control- placebo, Group education/counseling	N entering N completing	162 Results: Study was not 121 considered for meta- analysis because
	Jadad:	2	2 Individual education/counseling, Dietary intervention, Cognitive- behavioral, Aerobic exercise, Flexibility, Group education/ counseling, Individual education/ counseling, Dietary intervention, Cognitive-behavioral, Aerobic exercise, Flexibility, Group education/counseling	N entering N completing	163 Strength, Depression, 106 VO2 Max, or Functional Measures were not reported.
	Population:	Obesity			
Yarasheki KE, 1995	Design:	RCT	1 Control-placebo, Strength training, Control-placebo, Strength training	N entering N completing	15 Results: Study was not 15 considered for meta- analysis because
	Jadad:	4			Strength, Depression, VO2 Max, or Functional Measures were not reported.
	Population: deconditioning	Healthy elderly,			