



	OR 'fat'/exp OR 'fat' OR 'obese' OR 'overweight'/exp OR 'overweight') AND ('water aerobics'/exp OR 'water aerobics' OR 'waterobics' OR 'aquarobics' OR 'aquatic fitness' OR 'aquafitness' OR 'aquafit' OR 'aqua zumba' OR 'water yoga' OR 'aqua aerobics' OR 'aqua jog' OR (('water'/exp OR 'water') AND ('exercise'/exp OR 'exercise' OR 'aerobics'/exp OR 'aerobics' OR 'exercises' OR 'cycling'/exp OR 'cycling' OR 'physical activity'/exp OR 'physical activity' OR 'activities, physical' OR 'activity, physical'/exp OR 'activity, physical' OR 'physical activities' OR 'exercise, physical' OR 'exercises, physical' OR 'physical exercise'/exp OR 'physical exercise' OR 'physical exercises' OR 'acute exercise'/exp OR 'acute exercise' OR 'acute exercises' OR 'exercise, acute' OR 'exercises, acute' OR 'exercise, isometric'/exp OR 'exercise, isometric' OR 'exercises, isometric' OR 'isometric exercises' OR 'isometric exercise'/exp OR 'isometric exercise' OR 'exercise, aerobic'/exp OR 'exercise, aerobic' OR 'aerobic exercise'/exp OR 'aerobic exercise' OR 'aerobic exercises' OR 'exercises, aerobic' OR 'exercise training'/exp OR 'exercise training' OR 'exercise trainings' OR 'training, exercise' OR 'trainings, exercise'))))	
Ovid MEDLINE	1 "Randomised controlled trial ".mp. 2 exp Randomized Controlled Trials as Topic/ 3 " controlled trial".mp. 4 " randomized controlled study ".mp. 5 "Clinical Trials, Randomized".mp. 6 "Trials, Randomized Clinical".mp. 7 "Controlled Clinical Trials, Randomized".mp. 8 1 or 2 or 3 or 4 or 5 or 6 or 7 9 exp Obesity/ 10 exp Fats/ 11 "obese".mp. 12 exp Overweight/ 13 9 or 10 or 11 or 12 14 "water aerobics ".mp. 15 "aquarobics ".mp. 16 "aquatic fitness ".mp. 17 "aquafitness ".mp. 18 "aquafit".mp. 19 " water yoga".mp. 20 "aqua aerobics".mp. 21 14 or 15 or 16 or 17 or 18 or 19 or 20 22 exp Water/ 23 exp Exercise/ 24 "aerobics ".mp. 25 "Exercises".mp.	19

	26 "cycling".mp. 27 "Physical Activity".mp. 28 "Activities, Physical".mp. 29 "Activity, Physical".mp. 30 "Physical Activities".mp. 31 "Exercise, Physical".mp. 32 "Exercises, Physical".mp. 33 "Physical Exercise".mp. 34 "Physical Exercises".mp. 35 "Acute Exercise".mp. 36 "Acute Exercises".mp. 37 "Exercise, Acute".mp. 38 "Exercises, Acute".mp. 39 "Exercise, Isometric".mp. 40 "Exercises, Isometric".mp. 41 "Isometric Exercises".mp. 42 "Isometric Exercise".mp. 43 "Exercise, Aerobic".mp. 44 "Aerobic Exercise".mp. 45 "Aerobic Exercises".mp. 46 "Exercises, Aerobic".mp. 47 "Exercise Training".mp. 48 "Exercise Trainings".mp. 49 "Training, Exercise".mp. 50 "Trainings, Exercise".mp. 51 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 52 22 and 51 53 21 or 52 54 8 and 13 and 53	
Scopus	( ( TITLE-ABS-KEY ( "randomised controlled trial " ) OR TITLE-ABS-KEY ( "randomized controlled trials as topic " ) OR TITLE-ABS-KEY ( " controlled trial" ) OR TITLE-ABS-KEY ( " randomized controlled study " ) OR TITLE-ABS-KEY ( "clinical trials, randomized" ) OR TITLE-ABS-KEY ( "trials, randomized clinical" ) OR TITLE-ABS-KEY ( "controlled clinical trials, randomized" ) ) ) AND ( ( TITLE-ABS-KEY ( obesity ) OR TITLE-ABS-KEY ( fat ) OR TITLE-ABS-KEY ( obese ) OR TITLE-ABS-KEY ( overweight ) ) ) AND ( ( ( TITLE-ABS-KEY ( water ) ) AND ( ( TITLE-ABS-KEY ( exercise ) OR TITLE-ABS-KEY ( exercises ) OR TITLE-ABS-KEY ( cycling ) OR TITLE-ABS-KEY ( "physical activity" ) OR TITLE-ABS-KEY ( "activities, physical" ) OR TITLE-ABS-KEY	468

	( "activity, physical" ) OR TITLE-ABS-KEY ( "physical activities" ) OR TITLE-ABS-KEY ( "exercise, physical" ) OR TITLE-ABS-KEY ( "exercises, physical" ) OR TITLE-ABS-KEY ( "physical exercise" ) OR TITLE-ABS-KEY ( "physical exercises" ) OR TITLE-ABS-KEY ( "acute exercise" ) OR TITLE-ABS-KEY ( "acute exercises" ) OR TITLE-ABS-KEY ( "exercise, acute" ) OR TITLE-ABS-KEY ( "exercises, acute" ) OR TITLE-ABS-KEY ( "exercise, isometric" ) OR TITLE-ABS-KEY ( "exercises, isometric" ) OR TITLE-ABS-KEY ( "isometric exercises" ) OR TITLE-ABS-KEY ( "isometric exercise" ) OR TITLE-ABS-KEY ( "exercise, aerobic" ) OR TITLE-ABS-KEY ( "aerobic exercise" ) OR TITLE-ABS-KEY ( "aerobic exercises" ) OR TITLE-ABS-KEY ( "exercises, aerobic" ) OR TITLE-ABS-KEY ( "exercise training" ) OR TITLE-ABS-KEY ( "exercise trainings" ) OR TITLE-ABS-KEY ( "training, exercise" ) OR TITLE-ABS-KEY ( "trainings, exercise" ) ) ) OR ( ( TITLE-ABS-KEY ( "water aerobics " ) OR TITLE-ABS-KEY ( "waterobics " ) OR TITLE-ABS-KEY ( "aquarobics " ) OR TITLE-ABS-KEY ( "aquatic fitness " ) OR TITLE-ABS-KEY ( "aquafitness " ) OR TITLE-ABS-KEY ( "aquafit" ) OR TITLE-ABS-KEY ( " aqua zumba" ) OR TITLE-ABS-KEY ( " water yoga" ) OR TITLE-ABS-KEY ( "aqua aerobics" ) OR TITLE-ABS-KEY ( " aqua jog" ) ) ) )	
The Cochrane Library	#1 MeSH descriptor: [Randomized Controlled Trials as Topic] explode all trees #2 MeSH descriptor: [Randomized Controlled Trial] explode all trees #3 " controlled trial" #4 " randomized controlled study " #5 "Clinical Trials, Randomized" #6 "Trials, Randomized Clinical" #7 "Controlled Clinical Trials, Randomized" #8 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 #9 MeSH descriptor: [Obesity] explode all trees #10 MeSH descriptor: [Fats] explode all trees #11 obese #12 MeSH descriptor: [Overweight] explode all trees #13 #9 OR #10 OR #11 OR #12 #14 "water aerobics " #15 waterobics #16 aquarobics #17 "aquatic fitness " #18 aquafitness #19 aquafit #20 " aqua zumba" #21 " water yoga"	1284

	<div>#22 "aqua aerobics"</div> <div>#23 " aqua jog"</div> <div>#24 #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23</div> <div>#25 MeSH descriptor: [Water] explode all trees</div> <div>#26 MeSH descriptor: [Exercise] explode all trees</div> <div>#27 Exercises</div> <div>#28 cycling</div> <div>#29 "Physical Activity"</div> <div>#30 "Activity, Physical"</div> <div>#31 "Exercise, Physical"</div> <div>#32 "Exercises, Physical"</div> <div>#33 "Physical Exercise"</div> <div>#34 "Physical Exercises"</div> <div>#35 "Acute Exercise"</div> <div>#36 "Acute Exercises"</div> <div>#37 "Exercise, Acute"</div> <div>#38 "Exercises, Acute"</div> <div>#39 "Exercise, Isometric"</div> <div>#40 "Exercises, Isometric"</div> <div>#41 "Isometric Exercises"</div> <div>#42 "Isometric Exercise"</div> <div>#43 "Exercise, Aerobic"</div> <div>#44 "Aerobic Exercise"</div> <div>#45 "Aerobic Exercises"</div> <div>#46 "Exercises, Aerobic"</div> <div>#47 "Exercise Training"</div> <div>#48 "Exercise Trainings"</div> <div>#49 "Training, Exercise"</div> <div>#50 "Trainings, Exercise"</div> <div>#51 #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50</div> <div>#52 #25 AND #51</div> <div>#53 #24 OR #52</div> <div>#54 #8 AND #13 AND #53</div>	
Web of science	<div>((((((((((((((((((((((((((TS=(Exercise)) OR TS=(Exercises)) OR TS=(cycling)) OR TS=("Physical Activity")) OR TS=("Activities, Physical")) OR TS=("Activity, Physical")) OR TS=("Physical Activities")) OR TS=("Exercise, Physical")) OR TS=("Exercises, Physical")) OR TS=("Physical Exercise")) OR TS=("Physical Exercises")) OR TS=("Acute Exercise")) OR TS=("Acute Exercises")) OR TS=("Exercise, Acute")) OR TS=("Exercises, Acute")) OR</div>	194

	<p>TS=("Exercise, Isometric")) OR TS=("Exercises, Isometric")) OR TS=("Isometric Exercises")) OR TS=("Isometric Exercise")) OR TS=("Exercise, Aerobic")) OR TS=("Aerobic Exercise")) OR TS=("Aerobic Exercises")) OR TS=("Exercises, Aerobic")) OR TS=("Exercise Training")) OR TS=("Exercise Trainings")) OR TS=("Training, Exercise")) OR TS=("Trainings, Exercise")) AND TS=(water)</p> <p>OR (((((((TS=("water aerobics ") OR TS=("waterobics ") OR TS=("aquarobics ") OR TS=("aquatic fitness ") OR TS=("aquafitness ") OR TS=("aquafit")) OR TS=(" aqua zumba")) OR TS=(" water yoga")) OR TS=("aqua aerobics")) OR TS=(" aqua jog") AND (((((TS=("Randomised controlled trial ") OR TS=("Randomized Controlled Trials as Topic")) OR TS=(" controlled trial")) OR TS=(" randomized controlled study ") OR TS=("Clinical Trials, Randomized")) OR TS=("Trials, Randomized Clinical")) OR TS=("Controlled Clinical Trials, Randomized")AND (((TS=(obesity)) OR TS=(fat)) OR TS=(obese)) OR TS=(Overweight)</p>	
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