

Supplementary file 1. PubMed search.

(exercise OR physical activity OR physical fitness OR strength training OR weight training) AND (children OR adolescen* OR boys OR girls) AND (overweight OR obes*) AND random* AND ("1973/01/01"[125] : "2018/08/22"[125]) AND Humans[Mesh] AND (infant[MeSH] OR child[MeSH] OR adolescent[MeSH])