Potentially relevant articles (n=279)

Articles excluded (n=221):
Studies not published in English (n=28)
Not a controlled trial (n=152)
Not a relevant cohort (n=28)
Studies that did not include an intervention with an exercise programme (n=13)

Intervention trials that included an exercise component in individuals with pre-diabetes (n=58)

Studies that did not include a relevant outcome measure (n=16)

Duplicates* (n=34)

Intervention trials to meet the inclusion criteria (n=8)

*Where several studies reported on the same trial and cohort, only one published study for each trial was included for the purposes of this review; the included studies were those that reported on the cohort as a whole, had relevant follow-up measures and included the most recently published data. Where a relevant study was found in more than one publication, the study was included only once.