**SUPPLEMENTARY MATERIAL**

**Supplementary Table S1.** Search strategy (according to PubMed terminology)

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| --- | --- |
| 1 | (Aged[mh] OR "older adults"[tiab] OR "older people"[tiab] OR "older persons"[tiab] OR older population\*[tiab] OR "older age"[tiab] OR elder[tiab] OR elderly[tiab]) AND |
| 2 | ( "Motor Activity"[mj:noexp] OR Exercise[mj:noexp] OR "Exercise Therapy"[mj:noexp] OR "Occupational therapy"[mj] OR "Resistance Training"[mj] OR Resistance exercise\*[tiab] OR "Muscle Strength"[mj] OR "strength training"[tiab] OR strength exercise\*[tiab] OR "Physical Fitness"[mj] OR "Postural Balance"[mj] OR exercise program\*[Title/Abstract] OR training program\*[Title/Abstract] OR functional exercise\*[Title/Abstract] OR functional training[Title/Abstract] OR physical exercise\*[Title/Abstract] OR "physical training"[Title/Abstract] OR "Physical Fitness"[Title/Abstract] OR home exercise\*[Title/Abstract] OR home based exercise\*[Title/Abstract] OR "home based training"[Title/Abstract] OR personal exercise\*[Title/Abstract] OR personalized exercise\*[Title/Abstract] OR individual exercise\*[Title/Abstract] OR individualized exercise\*[Title/Abstract] OR "Occupational therapy"[tiab] OR "Resistance Training"[Title/Abstract] OR "Muscle Strength"[Title/Abstract] OR "Postural Balance"[Title/Abstract] OR "balance training"[tiab] OR balance exercise\*[tiab]) AND |
| 3 | ("Life Style"[mj] OR "Activities of Daily Living"[mj] OR “health promotion”[mj:noexp] OR lifestyle[tiab] OR "daily life"[tiab] OR "daily living"[Title/Abstract] OR daily routine\*[tiab] OR daily activit\*[tiab] OR "Habits"[mh] OR Activity Habit\*[tiab]) AND |
| 4 | (randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR placebo [tiab] OR clinical trials as topic [mesh: noexp] OR randomly [tiab] OR trial [tiab] OR "longitudinal studies"[mh] OR “feasibility studies”[mh] OR “pilot projects”[mh]) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Selection bias | | Performance bias | Attrition bias | Reporting bias |
|  | Sequence generation | Allocation concealment | Blinding of participants and personnel | Incomplete outcome data | Selective outcome reporting |
| **Randomised controlled trials** | | | | | |
| Burton et al. [1, 2] | ○ | ○ | ○ | ○ | ○ |
| Clemson et al. [3] | ○ | ○ | ○ | ○ | ○ |
| Clemson et al. [4] | ○ | ○ | ○ | ○ | ○ |
| Grönstedt et al. [5] | ○ | ○ | ● | ○ | ○ |
| Kerse et al. [6] | ○ | ○ | ○ | ○ | ○ |
| Peri et al. [7] | ○ | ○ | ● | ○ | ○ |
| **Non-randomised studies** | | | | | |
| Burton et al. [8] | ● | ● | ● | ○ | ○ |
| Fleig et al. [9] | ● | ● | ● | ○ | ○ |
| Keay et al. [10] | ● | ● | ● | ○ | ○ |
| Opdenacker et al. [11-13]; Van Roie et al. [14] | ● | ● | ○ | ○ | ○ |

**SupplementaryTable S2.** Assessmentof risk of bias of included studies

# References

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