<table>
<thead>
<tr>
<th>ID</th>
<th>Author (year), country</th>
<th>Review type</th>
<th>Treatment status</th>
<th>Intervention characteristics, Comparator</th>
<th>QA score (out of 11)</th>
<th>BMI</th>
<th>Weight</th>
<th>Body composition</th>
<th>HRQoL</th>
<th>Mental health</th>
<th>Physical health</th>
<th>Biomarkers</th>
</tr>
</thead>
</table>
|    | Bekhet (2019),20 Egypt  | SR          | Post-treatment   | § 10 weeks to 12 months  
  § Aerobic exercise only (e.g. walking)  
  § Supervised or home based  
  § Control: usual care  | 7        | ↔ | ↓ | ↓ | = | ↓ | = | = |
|    | Boing (2020),27 Brazil  | SR and meta-analysis | Active hormonal treatment | § 8 to 48 weeks  
  § Aerobic training alone (n=1)  
  § Aerobic and resistance exercise (n=8)  
  § Walking (n=2)  
  § Supervised or home based, groups or alone  
  § Control: usual care, wait-list, low intensity stretching  | 10 | = | = | = | = | = | = | = |
|    | Chlebowska (2016),21 USA | SR | Active or post-treatment | § 12 weeks to 24 months  
  § Life style intervention, diet and exercise  
  § Supervised or unsupervised  
  § Control: usual care (n=1), healthy eating (n=1), other intervention (n=1), education (n=2), weight management, counselling (n=1)  | 11 | ↓ | ↑ | ↓ | ↑ | ↓ | = | = |
|    | Guinan (2013),22 Ireland | SR | Active hormonal or post-treatment | § 8 weeks to 6 months  
  § Aerobic exercise alone or combined with resistance training  
  § Resistance training alone  
  § Walking alone  
  § Control: usual care  | 9 | ↓ | = | = | = | = | = | = |
|    | Ingram (2006),23 Canada | SR | Active or post-treatment | § 6 to 26 weeks  
  § Aerobic exercise (n=7)  
  § Aerobic and resistance exercise (n=5)  
  § Walking and Tai Chi (n=1)  
  § Lymphoedema exercises (n=1)  
  § Supervised or Home based  
  § Control: usual care (n=7), other intervention (n=2)  | 9 | ↔ | ↔ | ↓ | = | = | = | = |
|    | Lahart (2018),28 England | SR and meta-analysis | Active hormonal or post-treatment | § 4 to 24 months  
  § Aerobic exercise only (n=28)  
  § Aerobic and resistance exercise (n=21)  
  § Resistance training (n=7)  
  § Yoga (n=8); Qigong/Pilates/Tai Chi (n=1)  | 11 | = | ↓ | ↑ | ↑ | ↑ | ↑ | ↑ |
<table>
<thead>
<tr>
<th>ID</th>
<th>Intervention</th>
<th>QA</th>
<th>Outcome measures</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>QA score (out of 11)</td>
<td>BMI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Control: usual care (n=30), wait-list (n=24), education (n=2), telephone (n=1), physical therapy (n=1), psychosocial (n=1), stretching (n=1), attention control (n=1)</td>
<td>9</td>
<td>↓</td>
</tr>
<tr>
<td>Lee</td>
<td>SR and meta-analysis</td>
<td>Active treatment</td>
<td>4 weeks to 12 months</td>
</tr>
<tr>
<td>(2020), Korea</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lopez</td>
<td>SR and meta-regression</td>
<td>Active treatment</td>
<td>4 weeks to 6 months</td>
</tr>
<tr>
<td>(2021), Australia</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>McNeely</td>
<td>SR and meta-analysis</td>
<td>Active and/or post-treatment</td>
<td>7 weeks to 6 months</td>
</tr>
<tr>
<td>(2006), Australia</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pan</td>
<td>SR and meta-analysis</td>
<td>Active treatment</td>
<td>10 weeks to 6 months</td>
</tr>
<tr>
<td>(2015), China</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playdon</td>
<td>SR</td>
<td>Active treatment or post-treatment</td>
<td>8 weeks to 12 months</td>
</tr>
<tr>
<td>(2013), USA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reeves</td>
<td>SR</td>
<td>Post-treatment</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td>(2014), Australia</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance on the information supplied on this supplemental material which has been supplied by the author(s).
<table>
<thead>
<tr>
<th>ID</th>
<th>Author (year), country</th>
<th>Review type</th>
<th>Treatment status</th>
<th>Timescale, Intervention characteristics, Comparator</th>
<th>QA score (out of 11)</th>
<th>BMI</th>
<th>Body composition</th>
<th>HRQoL</th>
<th>Mental health</th>
<th>Physical health</th>
<th>Biomarkers</th>
</tr>
</thead>
</table>
|      | Shaikh (2020),32 Australia | SR and meta-analysis | Post-treatment | • 2 weeks to 24 months  
• Diet only (n=3)  
• Diet and exercise (n=3)  
• Diet, exercise and psychosocial support (n=15)  
• Supervised  
• Control: usual care, written materials, wait-list | 11 | ↓ | ↓ | ↓ | ↑ | ♦ |  |
|      | Singh (2018),33 Australia | SR and meta-analysis | Active or post-treatment | • 6 weeks to 12 months  
• Aerobic exercise only (n=20)  
• Combined aerobic and resistance (n=21)  
• Resistance exercise only (n=6)  
• Other exercise (n=11); separate aerobic and exercise arms (n=3)  
• Control: usual care | 10 | ↓ | = | ↓ | ↑ |   |
|      | Soares Falcetta (2018),34 Brazil | SR and meta-analysis | Post-treatment | • 4 weeks to 24 months  
• Physical activity interventions with or without diet, counselling or structured programmes  
• Supervised and/or individualised sessions  
• Control: usual care | 11 | ↓ | ↓ | ↓ | ↑ |   |
|      | Thomson (2017),26 Australia | SR | Active treatment | • 6 to 12 months  
• Behavioural dietary intervention with or without physical activity and with a focus on weight gain prevention  
• Supervised  
• Control: usual care | 9 | ↓ | = |   |   |   |
|      | Wang (2021),35 China | SR and meta-analysis | Post-treatment | • 8 to 24 weeks  
• Physical activity interventions (aerobics, flexible/endurance exercise, resistance training, yoga, stretching and dancing)  
• Supervised  
• Control: usual care | 10 | ↓ |   |   |   |   |

↓ indicates significant reduction in the majority of studies in which an outcome was measured; ↑ indicates significant increase in the majority of studies in which an outcome was measured; = indicates no difference between groups for a given outcome, ↔ indicates mixed significance. * 6 months only; ** Mental health represents significant reduction in mental health, † mental health indicates significant improvement