**Supplementary Table 1. Meta-analyses of the effects of exercise on individual inflammatory markers, with subgroup analyses by mode of exercise.**

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| --- | --- | --- | --- | --- |
| **Inflammatory marker and Mode of exercise** | ***K*** | **Mean Difference and 95% Confidence Interval** | **P value** | **Statistical Heterogeneity (I2)** |
| **IL-2** |  |  |  |  |
| Overall | 2 | 1.03, 95%CI 0.39 to 1.66 | 0.001 | 28.6% |
| **IL-6** |  |  |  |  |
| Overall | 8 | -0.55, 95%CI -1.01 to -0.09 | 0.019 | 66.9% |
| Aerobic + Resistance | 4 | -0.33, 95%CI -0.69 to 0.03 | 0.07 | 0% |
| Tai-Chi | 2 | -1.23, 95%CI -2.21 to -0.24 | 0.01 | 31% |
| Yoga | 2 | -0.79, 95%CI -1.4 to -0.17 | 0.01 | 91.5% |
| **IL-8** |  |  |  |  |
| Overall | 4 | -0.49, 95%CI -0.89 to -0.08 | 0.01 | 48% |
| Aerobic + Resistance | 3 | -0.25, 95%CI -0.68 to 0.17 | 0.24 | 0% |
| **IL-10** |  |  |  |  |
| Overall | 2 | 0.41, 95%CI -0.18 to 1.02 | 0.13 | 54.5% |
| **C-reactive protein (CRP)** |  |  |  |  |
| Overall | 2 | -0.15, 95%CI -0.55 to 0.25 | 0.46 | 0% |
| **Tumor Necrosis Factor (TNF-α)** |  |  |  |  |
| Overall | 6 | -0.63, 95%CI -1.21 to -0.05 | 0.03 | 71.3% |
| Aerobic + Resistance | 3 | -0.34, 95%CI -0.77 to 0.08 | 0.12 | 0% |
| Yoga | 2 | -1.29, 95%CI -1.9 to -0.64 | <0.0001 | 87.9% |

*K*= Number of studies included in the pooled analysis.

Subgroup analyses by mode of exercise were calculated when ≥ 2 studies were available.