**Supplementary Table**. The effects of exercise on insulin according to weight reduction in breast cancer survivors

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Subgroup | | No. of Studies | N | I2 | WMD [95% CI] | *P*-value |
| Weight Reduction | |  |  |  |  |  |
|  | Yes\* | 4  [25, 27, 29] | 116 | 82% | -7.10 [-10.31, -3.90] | <.001 |
|  | No | 3  [23, 24, 28, 32] | 253 | 81% | -0.78 [-2.32, 0.77] | 0.32 |

\* included studies that showed weight reduction in an exercise intervention group. I2 indicates heterogeneity. Both analyses used a random-effects model. WMD = weighted mean difference, CI = confidence interval