**CINAHL** – (inception to 2017)
Search date: February 10, 2017

|   |   |
|---|---|
| S1 | Exercise |
| S2 | recruitment |
| S3 | S1 and S2 |
| S4 | “musc* recruit*” |
| S5 | S3 not S4 |

“*” indicates truncation

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**Pubmed** – (inception to 2017)
Search date: February 10, 2017

|   |   |
|---|---|
| 1 | exercise.Mesh |
| 2 | exercise.All |
| 3 | 1 or 2 |
| 4 | recruitment |
| 5 | 3 and 4 |
| 6 | “musc* recruit*” |
| 7 | S3 not S4 |

“*” indicates truncation

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**ORRCA** – (inception to 2017)
Search date: February 10, 2017

|   |   |
|---|---|
| 1 | Exercise.ti,ab |
| 2 | “Physical activity”,ti.ab |