

Table 3: Summary of associations of physical activity in preterm born children and adults for FEV1, pVO2, BMI and body composition

		Preterm born Children	Preterm born Adults
FEV1	normal	No association with PA (4 studies)(20, 21, 26, 29)	No association with PA (2 studies)(25, 54)
	abnormal ¹	Moderate association of less PA and lower FEV1 (2 studies)(16, 30) No association with PA (1 study)(31)	No studies available
pVO2	normal	No association with PA (2 studies)(17, 31)	Association of more PA with higher pVO2 (2 studies)(25, 54)
	abnormal ²	Association of less PA and lower pVO2 (2 studies)(20, 22)	No studies available
BMI	normal	No association with PA (2 studies)(23, 24)	Association of more PA with lower BMI (1 study)(18)
	abnormal ³	Moderate association of more PA and lower obesity rates (1 study)(33)	Association of more PA with lower BMI (1 study)(27)
Body composition	normal ⁴	Small association of more PA with lower FMI (2 studies)(24, 35) No association of PA and FMI (1 study)(23)	Association of more PA and higher body fat percentage (1 study)(18)

PA: physical activity. FMI: Fat mass index

¹abnormal FEV1: median/mean of the analysed group below 85% predicted.

²abnormal pVO2: mean/median <39ml/kg/min (or for boys 42ml/kg/min, for girls 35 ml/kg/min)(55), ISWT mean<75% predicted.

³abnormal BMI: median/mean >25kg/m² in adults, or >½ overweight or obese children.

⁴the reported mean FMI or body fat percentage of the study group was never above the 85th centile for the respective age group; therefore, none of the studies were classified as “abnormal” distribution of body composition.

Effect sizes are given if they could be classified with the available data.