**Supplementary file 1.** PUBMED Search Strategy

Limited search to 1950 - 2020

1. ((weight or fat mass or body weight or fat free mass or fat mass or lean mass or lean body mass or body fat) loss\*) or ((weight or body or fat or adipose tissue or fat mass or body composition or body weight or lean mass or lean body mass) change\*) or ((weight or body) composition) or (weight regulation) or (weight balance)).ti.ab. (404951)
2. ((adaptive thermogenesis) or ((metabolic or energy) adaptation\*) or ((behavioral or metabolic) compensation\*) or (exercise or muscle or muscular) efficiency)).tw. (3316)
3. #1 and #2 (795)
4. Limited #3 to “Humans” (362)
5. Limited #4 to “English” (350)