

## Online supplement

### Example search strategy

1. exercise.mp. OR exp Exercise/
2. "exercise therapy".mp. OR exp Exercise Therapy/
3. "physical activity".mp. OR exp Motor Activity/
4. "physical exercise".mp.
5. dancing.mp. OR exp Dancing/
6. "Tai Chi".mp. OR exp Tai Ji/
7. exp Walking/ OR walking.mp.
8. yoga.mp. OR exp Yoga/
9. "physical fitness".mp. OR exp Physical Fitness/
10. "aerobic exercise".mp.
11. exertion.mp. OR exp Exertion/
12. 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11
13. exp Depression/ OR depression.mp.
14. "dysthymic disorder".mp. OR exp Dysthymic Disorder/
15. "depressive disorder".mp. OR exp Depressive Disorder/
16. "major depressive disorder".mp. OR exp Depressive Disorder, Major/
17. dysthymia.mp.
18. 13 OR 14 OR 15 OR 16 OR 17
19. elderly.mp.
20. exp Aged/
21. geriatric.mp. OR exp Geriatrics/
22. seniors.mp.
23. 19 OR 20 OR 21 OR 22
24. 12 AND 18 AND 23