Supplementary Material 2. Full Electronic Search Strategy for MEDLINE

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| --- | --- | --- |
| 1 | (alternate day fast\* or alternat\* calori\* diet\* or alternate day diet\* or alternate day modified fast\* or intermittent fast\* or intermittent energy fast\* or intermittent energy restrict\* or intermittent calori\* restrict\* or ADF or time restricted feed\* or TRF or ramadan or ramadan fast\*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] | 6660 |
| 2 | (exercis\* or resistance exercis\* or training).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] | 740194 |
| 3 | body composition.mp. or exp Body Composition/ | 57128 |
| 4 | 1 and 2 and 3 | 46 |