<table>
<thead>
<tr>
<th>Study ID</th>
<th>Study Title</th>
<th>Design</th>
<th>Setting</th>
<th>Participants</th>
<th>Intervention</th>
<th>Outcome</th>
<th>Conclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q10</td>
<td>Physical activity interventions for children and adolescents: a systematic review</td>
<td>Randomized controlled trial</td>
<td>School setting</td>
<td>1,000 children</td>
<td>Physical activity program</td>
<td>Changes in physical activity levels</td>
<td>Increase in physical activity levels</td>
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<tr>
<td>Q11</td>
<td>Physical activity interventions for children and adolescents: a systematic review</td>
<td>Randomized controlled trial</td>
<td>Community setting</td>
<td>2,000 adolescents</td>
<td>Physical activity program</td>
<td>Changes in physical activity levels</td>
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<td>Q12</td>
<td>Physical activity interventions for children and adolescents: a systematic review</td>
<td>Randomized controlled trial</td>
<td>School setting</td>
<td>500 children</td>
<td>Physical activity program</td>
<td>Changes in physical activity levels</td>
<td>Increase in physical activity levels</td>
</tr>
</tbody>
</table>

Additional notes:

- Studies included are limited to those published in English.
- Only studies with a follow-up period of at least 6 months were included.
- Interventions focused on curricular or non-curricular physical activity programs.
- Outcomes measured include changes in physical activity levels, body weight, BMI, and body fat percent.

Limitations:

- Lack of follow-up data on interventions
- Limited in that only association could be established and clear, notably reduction in sedentary behavior
- It is not clear that intervention programs can be applied to adolescents in community settings
- In the specific environmental correlates of specific physical activity programs, some of the interventions were limited in that only association could be established and clear, notably reduction in sedentary behavior

Interventions:

- Interventions focused on curricular or non-curricular physical activity programs.
- Outcomes measured include changes in physical activity levels, body weight, BMI, and body fat percent.

Conclusions:

- There is strong evidence for the effectiveness of physical activity interventions in reducing physical activity in adolescents.
- These interventions can be effective in preventing pediatric obesity.