**Supplementary Table 1. Comparison of various studies assessing effect of exercise on NAFLD**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Year** | **No of subjects** | **Mean age** | **Mean BMI** | **Sex (male %)** | **Duration of intervention (physical activity)** | **Effect on AST/ALT** | **Primary outcome** |
| Uneno *et al*.19 | 1997 | 10 | 39± 13 | 31±5 | 52 | 12-weeks | Decreased | Improvement in liver histology |
| Huang *et al*.20 | 2005 | 15 | 47.8± 12 | 33.8± 6 | 48 | 12-months | Decreased | Improvement in liver histology |
| Nobili *et al*.21 | 2008 | 25 | 11.7 | 26.8 | 82.1 | 24-months | Decreased | Improvement in liver histology |
| Gomez *et al*.22 | 2009 | 30 | 49± 10 | 31.5±4 | 53 | 6-months | Decreased | Improvement in NAS and fibrosis score |
| Promrat *et al*.8 | 2010 | 10 | 48.9± 11 | 33.9±5 | 66 | 48-weeks | Decreased |  |
| Kistler *et al*.23 | 2011 | 813 | 48±12 | NA | 37.1 | Physical activity self-reported | NA | Association of physical activity intensity and NAFLD severity |
| George *et al*.24 | 2009 | 141 | 47.5±12.4 | 31.9±6.0 | 61.7 | 3-months | Decreased | Improvement in liver enzymes |
| Wong *et al*.25 | 2013 | 154 | 51±9 | 25.5±3.9 | 46.8 | 12-months | Decreased | Remission of NAFLD by 1H-MRS |
| Houghton *et al*.26 | 2017 | 24 | 59±12 | 35±5 | NA | 12-weeks | No change | Improvement in hepatic triglyceride content |
| Vilar-Gomez *et al*.27 | 2015 | 293 | 48.5±9.6 | 31.3±5.3 | 41 | 12-months | Decrease in NAS score | Improvement in liver histology |
| Our study | 2015-16 | 29 | 46.8±9.8 | 26.4±2.1 | 100 | 6-months | Decreased | Improvement in liver enzymes |

Abbreviations: NAFLD, non-alcoholic fatty liver disease; BMI, body mass index; AST, aspartate transaminase; ALT, alanine transaminase; NA, not available; NAS, NAFLD activity score; 1H-MRS, magnetic resonance spectroscopy.