

*Supplementary File 1 - Search Strategy*

<b>PubMed (incl. Medline) / National Library of Medicine</b> 233 Reports From inception ----- to 23/11/2016	#
(Nordic[All Fields] AND ("walking"[MeSH Terms] OR "walking"[All Fields])) OR Polestriding[All Fields] OR ("walking"[MeSH Terms] OR "walking"[All Fields]) AND Poles[All Fields] AND FILTERS: English[lang]	254 233
<b>Scopus / Elsevier</b> 527 Reports From inception ----- to 23/11/2016	#
TITLE-ABS-KEY ( (nordic AND walking) OR (polestriding) OR (walking AND poles) ) AND ( LIMIT-TO ( LANGUAGE , "English" ) )	601 527
<b>WEB OF SCIENCE / Thomson Reuters</b> 533 Reports From inception ----- to 23/11/2016	#
((Nordic AND Walking) OR (Polestriding) OR (Walking AND Poles)) Refined by: LANGUAGES: (ENGLISH)	557 533
<b>The Cochrane Library (CENTRAL) / Wiley Online</b> 92 Reports From inception ----- to 23/11/2016	#
(Nordic Walking OR Polestriding OR Walking Poles)	92