

N.B. Four separate searches were completed, one for each of the physiological systems below, using the following databases: PubMed, Web of Science, PsycINFO and Medline.

Search 1: Cardiovascular system

	“physical activity” OR “physically active” OR “physical inactivity” OR “physically inactive” OR “physical activities” OR “habitual activity” OR exercise
<i>OR</i>	sedentary OR sitting OR television OR “screen time” OR stationary
<i>AND</i>	cardiovascular OR Cardiac OR hemodynamic OR “heart rate” OR “blood pressure” OR “total peripheral resistance” OR “vascular resistance” OR “cardiac output” OR catecholamine OR adrenaline OR epinephrine OR noradrenaline OR norepinephrine OR “heart rate variability” OR vascular OR “total peripheral resistance” OR “rate pressure product” OR “pulse transit time reaction” OR “finger pulse amplitude” OR “mean arterial pressure” OR “stroke volume” OR “Respiratory Sinus Arrhythmia”
<i>AND</i>	psychological OR mental OR coping OR psychosocial OR cognitive
<i>AND</i>	stress OR stressor
<i>AND</i>	reactivity OR reaction OR reactions OR response OR responses OR responsivity

Search 2: Neuroendocrine system

	“physical activity” OR “physically active” OR “physical inactivity” OR “physically inactive” OR “physical activities” OR “habitual activity” OR exercise
<i>OR</i>	sedentary OR sitting OR television OR “screen time” OR stationary
<i>AND</i>	cortisol OR sCORT OR “salivary cortisol” OR “Hypothalamic–Pituitary–Adrenal Axis” OR “Hypothalamic-Pituitary-Adrenocortical Axis” OR HPA OR neuroendocrine OR endocrine OR hormone OR Hormonal OR glucocorticoid OR Dehydroepiandrosterone OR DHEA OR saliva OR drool OR leptin
<i>AND</i>	psychological OR mental OR coping OR psychosocial OR cognitive
<i>AND</i>	stress OR stressor
<i>AND</i>	reactivity OR reaction OR reactions OR response OR responses OR responsivity

Search 3: Inflammatory and immune system

	“physical activity” OR “physically active” OR “physical inactivity” OR “physically inactive” OR “physical activities” OR “habitual activity” OR exercise
<i>OR</i>	sedentary OR sitting OR television OR “screen time” OR stationary

<i>AND</i>	inflammatory OR inflammation OR cytokine OR interleukin OR “tumour necrosis factor alpha” OR “C-reactive protein” OR “Interferon gamma” OR “Interleukin 6” OR fibrinogen OR “nuclear factor-kappa B” OR Immune OR Immunity OR “nitric oxide” OR “secretory immunoglobulin” OR neutrophil OR “white blood cell” OR “natural killer cell” OR “T cell” OR “B cell” OR lymphocyte OR leukocyte OR proinflammatory OR pro-inflammatory OR Pentraxin
<i>AND</i>	psychological OR mental OR coping OR psychosocial OR cognitive
<i>AND</i>	stress OR stressor
<i>AND</i>	reactivity OR reaction OR reactions OR response OR responses OR responsivity

Search 4: Respiratory system

	“physical activity” OR “physically active” OR “physical inactivity” OR “physically inactive” OR “physical activities” OR “habitual activity” OR exercise
<i>OR</i>	sedentary OR sitting OR television OR “screen time” OR stationary
<i>AND</i>	respiratory OR respiration OR breathing OR “peak flow” OR FEV1 OR “forced expiratory volume” OR “respiratory rate” OR “tidal volume” OR VCO2 OR “carbon dioxide” OR VO2 OR “oxygen consumption” OR “oxygen uptake” OR “respiratory exchange ratio” OR RER OR “minute volume” OR metabolic OR metabolism
<i>AND</i>	psychological OR mental OR coping OR psychosocial OR cognitive
<i>AND</i>	stress OR stressor
<i>AND</i>	reactivity OR reaction OR reactions OR response OR responses OR responsivity