



Figure 1. Forest plot of random-effects meta-analysis of IL-6.

Six studies reported mean values of IL-6 and were included. In four studies the levels of IL-6 were reported separately for different patient groups (specified as “patient characteristics” in the plot). SMD: standardized mean difference; CI: confidence interval; CD: Chron’s disease; UC: ulcerative colitis; IBD: inflammatory bowel disease; MICE: moderate intensity continuous exercise, HIIE: high intensity intermittent exercise (Ploeger 2012 reported the impact of exercise on cytokine levels).