Appendix 2. Participant characteristics at baseline.

Variable Group 1, n=53 Group 2, n=53 Group 3, n=54 All, n=160

Mean ±SD Mean ±SD Mean ±SD Mean ±SD p\_\_

Age, y 60.5 3.06 60.0 3.30 60.8 2.63 60.4 3.01 0.321

Height, m 173.7 5.70 174.6 5.15 174.0 5.31 175.0 5.71 0.728

Mass, kg 74.8 6.75 75.9 7.74 74.8 6.56 75.2 7.01 0.111

BMI, kg·m-2 24.7 2.95 24.4 2.58 24.8 2.52 24.6 2.67 0.392

IPAQ

Vigorous, day 1.3 1.08 1.4 0.88 1.4 1.00 1.4 0.99 0.991\*

Vigorous, min 39.1 32.06 40.1 28.53 39.1 31.28 39.4 30.48 0.853

Moderate, min 27.6 21.02 27.4 16.19 25.9 17.65 26.9 18.29 0.103

Walking, day 3.6 1.32 3.7 1.44 3.8 1.36 3.7 1.37 0.521\*

Walking, min 40.4 19.51 46.8 21.19 47.2 20.23 44.8 20.43 0.091

Sitting, h 8.5 1.20 8.6 1.51 8.4 1.44 8.5 1.38 0.414

PSQI 4.8 1.42 4.7 1.51 4.4 1.40 4.6 1.44 0.621\*

BBS 39.3 4.62 38.5 4.80 38.5 4.41 38.8 4.60 0.773

SPPB 8.6 0.81 8.4 0.91 8.3 0.89 8.46 0.88 0.381\*

FGS, m/s 2.1 0.50 2.0 0.36 2.1 0.52 2.1 0.46 0.854

Beam, 12 cm

Distance, m 4.0 0.00 4.0 0.00 4.0 0.00 4.0 0.00 1.000

Step, n 8.4 1.67 8.7 1.49 8.9 1.78 8.7 1.65 0.772

Step, m 0.49 0.10 0.47 0.10 0.46 0.08 0.47 0.09 0.281

Time, s 8.1 2.34 8.3 1.69 8.3 1.16 8.2 1.79 0.572

Velocity, m/s 0.5 0.13 0.5 0.16 0.5 0.07 0.5 0.13 0.874

Beam, 8 cm

Distance, m 3.9 0.11 3.9 0.07 3.9 0.13 3.9 0.10 0.898

Step, n 9.3 1.36 9.4 1.18 9.6 1.41 9.4 1.32 0.666\*

Step, m 0.44 0.06 0.43 0.05 0.42 0.07 0.43 0.06 0.385

Time, s 9.3 1.78 9.63 2.03 9.6 1.81 9.5 1.87 0.521

Velocity, m/s 0.4 0.09 0.4 0.09 0.4 0.09 0.4 0.09 0.739

Beam, 4 cm

Distance, m 1.5 1.05 1.3 0.99 1.6 1.07 1.5 1.04 0.104

Step, n 3.5 1.99 3.5 1.69 3.5 1.84 3.5 1.83 0.838

Step, m 0.48 0.33 0.35 0.19 0.49 0.31 0.44 0.29 0.267

Time, s 4.3 1.86 3.2 2.00 3.1 2.02 3.6 2.02 0.069

Velocity, m/s 0.4 0.36 0.4 0.32 0.6 0.40 0.5 0.37 0.204

6MWT, m 553.0 49.98 521.9 57.88 535.6 71.42 536.8 61.44 0.117

Step test, HR 116.7 7.57 117.4 7.61 115.9 8.38 116.7 7.84 0.634

MMSE 27.6 1.40 27.5 1.22 27.5 1.13 27.6 1.23 0.312

DSST, n 31.5 6.68 31.1 6.08 29.7 5.13 30.7 6.01 0.222\*

Stroop, s 111.6 17.63 116.7 19.81 113.0 17.14 113.8 18.24 0.427\*

DSF, n 5.7 1.53 5.6 1.35 5.9 1.77 5.7 1.56 0.732\*

DSB, n 4.0 0.87 4.2 1.01 4.0 0.90 4.1 0.93 0.272\*

VSMF, n 4.3 0.85 3.9 0.82 4.0 0.86 4.1 0.85 0.742\*

VSMB, n 3.3 0.97 3.4 0.82 3.7 0.87 3.5 0.90 0.824\*

Values are Mean ±SD

p, value for one-way analysis of variance or Kruskall-Wallis test denoted by \*

IPAQ, International physical activity questionnaire

Vigorous, day is the number of days participants reported conducting vigorous physical activity (PA)

Vigorous, min is daily minutes participants reported conducting vigorous PA

Moderate, min is daily minutes participants reported conducting moderate intensity PA

Walking, day is number of days per week participants reported to walk

Walking, min is number of minutes participants reported to walk in a day

Sitting, h is number of hours participants reported to sit in a day

PSQI, Pittsburgh sleep quality index

BBS, Berg balance scale

SPPB, Short physical performance battery

FGS, fast gait speed

6MWT, six-minute walk test

Step test, HR is the heart rate (b·min-1) during 1 minute after 3 minutes of stepping

MMSE, mini mental state examination score

DSST, n is the number of correct responses in the digit symbol substitution test

Stroop, s completion time of the Stroop color-word test

DSF, n number of correct responses in the digit span forward test

DSB, n number of correct responses in the digit span backward test

VSMF, n number of correct responses in the visual memory span forward test

VSMB, n number of correct responses in the visual memory span backward test