

Supplement Distribution of participants and tests across centers in the 'BEAM' trial.

Tests	Measurements	Subjects	Center 1		Center 2		Center 3	
			Groningen, NL		Potsdam, GE		Ribeirão Preto, BR	
		Age groups, y	M	F	M	F	M	F
		1. 20-29	6	6	6	6	6	6
		2. 30-39	6	6	6	6	6	6
		3. 40-49	6	6	6	6	6	6
		4. 50-59	6	6	6	6	6	6
		5. 60-69	10	10	10	10	10	10
		6. 70-79	10	10	10	10	10	10
		7. 80+	10	10	10	10	10	10
		Total	54	54	54	54	54	54
1	Demographics	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Physical activity	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Fall fear / history	Measured in age groups:	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7
	Functional tests							
	Mini BESTest	Measured in age groups:	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7
	Mobility, SPPB	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Static balance	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Proactive balance (Reach)	Measured in age groups:	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7
	Proactive balance (TUG)	Measured in age groups:	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7
	Reactive balance	Measured in age groups:	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7	4 to 7
	Dynamic balance (beam)	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Grip strength	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Leg strength	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Cognitive tests							
	Global cognition	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Attention, executive f.	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Processing speed	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
	Memory	Measured in age groups:	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7	1 to 7
2 (Re-test)	Dynamic balance (beam)	1 and 4 to 7	5	5	5	5	5	5
Follow-up, months								
6	Fall fear / history	4 to 7	As available	As available	As available	As available	As available	As available
12	Fall fear / history	4 to 7	As available	As available	As available	As available	As available	As available

