**Table S1**. Characteristics of individuals at baseline

|  |  |  |
| --- | --- | --- |
|  | Men  (47.6%) | Women  (52.4%) |
|  | Mean ± SD | Mean ± SD |
| Age (years) | 76.9 ± 4.3 | 77.2 ± 4.4 |
| Education (years) | 11.9 ± 5.1 | 11.3 ± 3.9 |
| Number of comorbidities | 2.25 ± 1.58 | 2.77 ± 1.64 |
| Medication count | 4.24 ± 3.60 | 4.97 ± 3.63 |
| Weight (kg) | 79.1 ± 12.6 | 66.6 ± 12.1 |
| Body mass index (kg/m2) | 27.9 ± 3.9 | 27.6 ± 4.8 |
| Physical Activity Level | 109.2 ± 56.3 | 82.9 ± 42.5 |