Table S1. Participant characteristics (n=1,069)

Characteristic	Value
Age (y)	73.1±5.3
Male sex	493 (46)
Education level	
Compulsory	298 (28)
High school	545 (51)
College/junior college	218 (20)
No answer	8 (1)
Body mass index (kg/m²)	23.2±3.1
Body mass index (categorized)	
Underweight, <18.5	62 (6)
Normal weight, 18.5–24.9	724 (68)
Overweight, 25.0–29.9	255 (24)
Obesity, ≥30.0	28 (2)
Clinical histories	
Stroke	43 (4)
Heart disease	135 (13)
Hypertension	454 (42)
Hyperlipidemia	182 (17)
Diabetes	148 (14)
PASE (points)	123.7±58.5
Hand dexterity test	
Peg-moving task (s)	37.3±5.5
Circle-drawing task (points)	23.6±6.6

Values are presented as mean±standard deviation or number (%).

PASE, Physical Activity Scale for the Elderly.