

Table 1A. Cognitive score derived from ELSI-study

Test	Points	Explanation
10-word list immediate and delayed	0-10	Number of words recalled immediately after, one point for each word.
Temporal orientation	0-4	One point for each one correct, day, month, year and day of the week.
Semantic verbal fluency	0 - no limit	Number of animals listed in a time frame, one point for each animal listed. Participants were informed at the beginning of verbal fluency to write their initials in the upper left corner by the end of the test:
Prospective memory	0-2	0 - If forgot 1- Initials in the wrong place 2- Initials in the right place
Semantic memory	0-4	Two questions about common items and two questions from politics. One point for each one that was correct.

Table 2.B Multivariate linear regression

Variable	Coef.	Std. Dev.	CI 95%	p-value
Exercise	1.93	0.16	1.62 - 2.23	<0.001
Chronic Kidney disease	0.12	0.54	-0.94 - 1.18	0.825
Heart disease	0.04	0.29	-0.53 - 0.61	0.886
Lung disease	0.20	0.34	-0.47 - 0.88	0.554
Bed ridden	1.14	2.53	-3.83 - 6.12	0.653
Wheel Chair	-1.48	1.94	-5.29 - 2.33	0.446
Arthritis	0.47	0.20	0.08 - 0.87	0.018
Hearing problems	-0.72	0.11	-0.93 - -0.51	<0.001
Stroke history	-1.38	0.45	-2.26 - -0.48	0.002
Parkinson	0.46	1.13	-1.76 - 2.67	0.684
Pain	0.12	0.17	-0.21 - 0.45	0.464
Eye disease	-0.33	0.17	-0.66 - 0.004	0.053
Balance	-0.003	0.003	-0.009 - 0.002	0.262
Cons.	18.92	0.26	18.41 - 19.42	<0.001

Legend: Coef = Coefficient; Std. Dev. = Standard Deviation; CI = Confidence interval; Cons. = Constant.