**SUPPLEMENTARY FILE 2**

**Supplementary table 2.** Association between change in PA 0-12 months and change in CF over the same period.\*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Δ LPA 0-12** | | | | **Δ MVPA 0-12** | | | |
| **Change in CF 0-12** | ***N*** | **Coeff.** | **SE** | **95% CI** | ***p*** | **Coeff.** | **SE** | **95% CI** | ***p*** |
| VLT – learning curve ratio | 373 | 0.01 | 0.02 | -0.02;0.05 | 0.48 | 0.02 | 0.02 | -0.01;0.05 | 0.23 |
| VLT – mean no. words recalled trial 1-5 | 373 | 0.13 | 0.08 | -0.02;0.28 | 0.10 | -0.01 | 0.07 | -0.16;0.13 | 0.85 |
| VLT – no. words delayed recall | 374 | 0.18 | 0.11 | -0.04;0.40 | 0.12 | 0.16 | 0.11 | -0.06;-0.38 | 0.15 |
| TMT – time B-A in sec a | 361 | -0.02 | 0.01 | -0.04;0.00 | 0.09 | -0.00 | 0.01 | -0.02;0.02 | 0.65 |
| SST – SSRT in ms | 304 | -4.58 | 4.46 | -13.35;-4.19 | 0.31 | -4.85 | 4.30 | -13.27;3.57 | 0.26 |
| LDST – no. correct subs | 352 | 0.13 | 0.17 | -0.19;0.46 | 0.43 | -0.12 | 0.16 | -0.43;0.20 | 0.46 |

Abbreviations: PA, physical activity; LPA, change in light physical activity minutes per week between 12 months follow-up and baseline; MVPA, change in moderate to vigorous physical activity minutes per week between 12 months follow-up and baseline; SE, standard error; CI, confidence interval; ES, effect size; CF, cognitive functioning; VLT, verbal learning test; TMT, trail making test; SST, stop-signal task; SSRT, stop-signal reaction time; LDST, letter digit substitution test. a TMT – time B-A in sec was log transformed. \*Models are adjusted for baseline CF score, covariates, and condition (control or intervention group).