**Appendix 1. Model fitness of each trajectory group**

|  |  |  |
| --- | --- | --- |
|  | **AIC** | **BIC** |
| **MMSE** |  |  |
| **1** | -17029 | -17042 |
| **2** | -13,017 | -13,044 |
| **3** | -12,110 | -12,149 |
| **4** | -11,388 | -11,442 |
| **5** | -14,304 | -14,371 |
| **Grip strength** |  |  |
| **1** | -24,610 | -24,624 |
| **2** | -20,241 | -20,268 |
| **3** | -18,955 | -18,995 |
| **4** | -18,495 | -18,548 |
| **5** | -18,499 | -18,566 |