Supplementary Table 1.

*Outline of assessments, outcome measures, and timeline of the study*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Assessment Tool**  | **Screen** | **Pre-intervention** | **Post-intervention** | **12-months Post-intervention** | **Outcome Measure** | **Notes** |
| Primary Imaging Measures |
| Grey Matter Volume (from T1, MPRAGE, and T2 MRI) |  | X | X | X | Centimetres cubed (cm3) |  ROI Volume  cm3 =  Volume |
| Primary Fitness Measures |
| Cardiorespiratory Fitness (VO2peak) |  | X | X | X | VO2peak |  Total Score  Score =  Fitness |
| Covariates and Descriptive Data |
| MoCA | X | X | X | X | Global Cognition  |  Total Score (0-30)  Score =  Performance |
| DASS | X | X | X | X | Mood (Depression/ Anxiety/ Stress) | Total Score D/A/S (maximum score for each subscale = 42)  Score =  Mood |
| Height, Weight & BMI |  | X | X | X | Height (cm) and Weight (kg) |  |
| Medical History/ Medication | X |  |  | X | Past and current medical conditions/ medications |  |
| Demographic Information | X |  |  |  | Age, Gender, Education Level  |  |
| *APOE* Genotyping |  | X |  |  | *APOE* ε4 allele carriage | Binary: Yes/ No |
| Questionnaires |
| IPAQ | X | X | X | X | Self-report Duration and Intensity of Physical Activity Regimen  |  Total Score  Score =  Duration/ Intensity  |

*Note.* 6-month timepoint is directly post-intervention; 18-month timepoint is one-year post-intervention. *Abbreviations.* MRI, magnetic resonance imaging; MPRAGE, magnetisation-prepared rapid gradient-echo; ROI, region of interest; VO2peak, peak volume of oxygen uptake; MoCA, Montreal Cognitive Assessment; DASS, Depression, Anxiety, Stress Scale; BMI, Body Mass Index; *APOE* ε4, apolipoprotein E ε4 allele; IPAQ, International Physical Activity Questionnaire.