

# Supplementary Information

Exercising alone versus with others and associations with subjective health status in older Japanese: The JAGES Cohort Study

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		Exercising with others (Ewo)					
		None	A few times/yr	1-3/mo	1/wk	2-3/wk	≥4/wk
Exercising alone (Ea)	None						
	A few times/yr						
	1-3/mo						
	1/wk						
	2-3/wk						
≥4/wk							
		Non-exercisers	Category 1	Category 2	Category 3	Category 4	Category 5

Supplementary Fig. S1: Total frequency of exercise

Categories 1 to 3: people who exercised less than twice a week

Categories 4 and 5: people who exercise at least twice a week