

S1 Table. Characteristics of the dance and sport group (M = Mean; SD = Standard deviation).

| | Dance Group n = 20 | | Sport Group n = 18 | | T-value | p-value |
|-------------------------------|--------------------|------|--------------------|------|---------|---------|
| | M | SD | M | SD | | |
| Age [Years] | 68.16 | 4.31 | 68.72 | 2.68 | .475 | .638 |
| Sex [%] | 40% male | | 56% male | | .945 | .351 |
| BMI [kg/m²] | 26.65 | 3.54 | 27.41 | 3.50 | .655 | .517 |
| Education [Years] | 15.32 | 2.34 | 16.33 | 1.40 | 1.605 | .118 |
| BDI-II [Points] | 5.89 | 3.26 | 4.67 | 3.99 | 1.028 | .311 |
| MMSE [Points] | 28.32 | .946 | 28.83 | .786 | 1.478 | .076 |

Annotation. BMI = Body-Mass-Index; BDI-II = Becks-Depressions-Inventar II; MMSE = Mini Mental State