

S4 Table. Weighted^a correlations between dose-parameters and sociodemographic factors for healthy older adults.

	Age	MMSE	Program duration	Session duration	Frequency	Total exercise duration
Age	.	-0.48	-0.05	0.32	0.05	0.05
MMSE	.	.	0.27	0.06	-0.26	0.14
Program duration (weeks)	.	.	.	0.50	-0.69	0.81
Session duration (minutes)	-0.54	0.54
Frequency (#/week)	-0.24
Total exercise duration (minutes)

^aCorrelations weighted for n per study.