S6 Table. Omnibus tests for the moderator analyses for healthy older adults and older adults with cognitive impairments.

	Healthy	Cognitive impairments
Cognitive domain	$F_{(2,129)}=0.313$, $p>0.05$	$F_{(2,51)}=2.050$, $p>0.05$
Exercise type	$F_{(3,128)}=0.081$, $p>0.05$	$F_{(2,51)}=0.432$, $p>0.05$
Program duration (weeks)	$F_{(2,129)}=1.487$, $p>0.05$	$F_{(2,51)}=1.259$, $p>0.05$
Session duration (minutes)	$F_{(2,129)}=0.905$, $p>0.05$	$F_{(2,51)}=5.756$, $p\leq0.01$**
Frequency (#week)	$F_{(3,128)}=0.283$, $p>0.05$	$F_{(2,51)}=3.589$, $p\leq0.05$*
Total exercise duration (minutes)	$F_{(1,130)}=0.365$, $p>0.05$	$F_{(1,52)}=0.000$, $p>0.05$
Intensity[a][b]		
Aerobic exercise[b]	$F_{(2,50)}=1.784$, $p>0.05$	$F_{(1,25)}=1.967$, $p>0.05$
Anaerobic exercise[a]	$F_{(2,35)}=0.220$, $p>0.05$	-
Multimodal exercise[a]	$F_{(2,31)}=0.093$, $p>0.05$	$F_{(2,6)}=0.845$, $p>0.05$
Psychomotor exercise[b]	-	-

[a]a.u. = arbitrary unit. [b]%HRR/HRmax/VO2max. *significant from 0 at $p\leq0.05$; **significant from 0 at $p\leq0.01$.