

LIFE Online Supplemental description of study committees

To ensure the coordinated functioning of the project we organized the following committees, which mainly met by conference call on a monthly basis. A web-based administrative tracking and monitoring system was used to facilitate the flow of information and increase the level of communication. The Steering Committee was charged with the overall governance of study conduct. The Executive Committee was responsible for negotiating budgets, the fiscal management of the trial, allocating resources based on pre-set budgets and on performance of individual Field and Support Centers, and evaluating and reporting on progress, timeline benchmarks and deliverables. The Administrative Coordinating Center facilitated the flow of information and communication among all committees, and performed other administrative tasks. The Data Management, Analysis, and Quality Control was responsible of all data-related aspects. The Lifestyle Resource Core and the Intervention and Operations Committees were responsible for monitoring the quality control, implementation, and adherence to the interventions. The Field Centers implemented recruitment, intervention, and follow-up procedures. The Publications and Presentations Committee encourage and monitored the production of publications and presentations. The Emerging Science Committee monitored the literature, scientific meetings and input received from colleagues on the cutting-edge science related to the project, and reviewed ancillary studies. The Measurement and Event Adjudication Committee developed and ensured quality control of the assessments. The Medical Safety Committee reviewed the overall safety of study. The Recruitment, Adherence and Retention Committee implemented strategies for recruitment, adherence and retention of study participants.

Supplemental Table S1: LIFE and LIFE-P Published Manuscripts**2019**

1. Groessl EJ, Kaplan RM, Rejeski WJ, Katula JA, Glynn NW, King AC, Anton SD, Walkup M, Lu CJ, Reid KF, Spring B, Pahor M. Physical Activity and Performance Impact Long-term Quality of Life in Older Adults at Risk for Major Mobility Disability. *Am J Prev Med.* 2019 Jan;56(1):141-146.

2018

2. Bielak AAM, Brydges CR. Can Intraindividual Variability in Cognitive Speed be Reduced by Physical Exercise? Results from the LIFE Study. *J Gerontol B Psychol Sci Soc Sci.* 2018 Aug 30. doi: 10.1093/geronb/gby101. [Epub ahead of print].
3. Buford TW, Manini TM, Kairalla JA, McDermott MM, Vaz Fragoso CA, Chen H, Fielding RA, King AC, Newman AB, Tranah GJ. Mitochondrial DNA Sequence Variants Associated With Blood Pressure Among 2 Cohorts of Older Adults. *J Am Heart Assoc.* 2018 Sep 18;7(18). PMID: PMC6222953.
4. Callahan K, Fielding R, Gill T, Groessl E, Guralnik J, King A, Kritchevsky S, Lovato L, Manini T, Marsh A, McDermott M, Miller M, Newman A, Rejeski J. Self-Reported Physical Function As a Predictor of Hospitalization in the Lifestyle Interventions and Independence for Elders Study. *J Am Geriatr Soc.* 2018 Oct;66(10):1927-1933. PMID: PMC6277208.
5. Chen H, Ambrosius W, Blair S, Gill T, Guralnik J, King A, Liu C, Manini T, Miller M, Newman A, Pahor M, Rejeski J, Conroy D. Comparison of Self-Report Indices of Major Mobility Disability to Failure on the 400-Meter Walk Test: The LIFE Study. *J Gerontol A Biol Sci Med Sci.* 2018 Mar 14;73(4):513-518. PMID: PMC5861858.
6. Datta R, Tretalage M, Van Ness P, McGloin J, Guralnik J, Miller M, Walkup M, Nadkarni N, Pahor M, Gill T, Gill TM, Quagliarello V, Juthani-Mehta M, For the LIFE Study Group. Serious adverse events of older adults in nursing home and community intervention trials. *Contemporary Clinical Trials Communications.* 2018. Mar: 9: 77-80. PMID: PMC5898490.
7. Henderson RM, Miller ME, Fielding RA, Gill TM, Glynn NW, Guralnik JM, King A, Newman AB, Manini TM, Marsh AP, Pahor M, McDermott MM, Rejeski J, Tudor-Locke C, Kritchevsky SB; LIFE Study Investigators. Maintenance of Physical Function 1 Year After Exercise Intervention in At-Risk Older Adults: Follow-up From the LIFE Study. *J Gerontol A Biol Sci Med Sci.* 2018 Apr 17;73(5):688-694. PMID: PMC5905630.
8. Liu Z, Hsu FC, Trombetti A, King AC, Liu CK, Manini TM, Fielding RA, Pahor M, Newman AB, Kritchevsky S, Gill TM; LIFE Study investigators. Effect of 24-month physical activity on cognitive frailty and the role of inflammation: the LIFE randomized clinical trial. *BMC Med.* 2018 Oct 24;16(1):185. PMID: PMC6199791.
9. Manini TM, Buford TW, Kairalla JA, McDermott MM, Vaz Fragoso CA, Fielding RA, Hsu FC, Johannsen N, Kritchevsky S, Harris TB, Newman AB, Cummings SR, King AC, Pahor M, Santanasto AJ, Tranah GJ. Meta-analysis identifies mitochondrial DNA sequence variants associated with walking speed. *GeroScience.* 2018 Dec; 40(5-6): 497–511. PMID: PMC6294723.
10. Miller ME, Magaziner J, Marsh AP, Fielding RA, Gill TM, King AC, Kritchevsky S, Manini T, McDermott MM, Neiberg R, Orwig D, Santanasto AJ, Pahor M, Guralnik J, Rejeski WJ; LIFE Investigators. Gait Speed and Mobility Disability: Revisiting Meaningful Levels in Diverse Clinical Populations. *J Am Geriatr Soc.* 2018 May;66(5):954-961. PMID: PMC5992037.
11. Rejeski J, Axtell R, Buman M, Fielding R, King A, Manini T, Marsh A, McDermott M, Miller E, Newman A, Tudor-locke C, Walkup M. Evaluating Accelerometry Thresholds for Detecting Changes in Levels of Moderate Physical Activity and Resulting Major Mobility Disability. *J Gerontol A Biol Sci Med Sci.* 2018 Apr 17;73(5):660-667. PMID: PMC5905614.
12. Rosso AL, Metti AL, Glynn NW, Boudreau RM, Rejeski WJ, Bohnen N, Chen H, Johannsen NM, King AC, Manini TM, Pahor M, Studenski SA, Fragoso CAV, Rosano C, LIFE Study Group. Dopamine-Related Genotypes and Physical Activity Change During an Intervention: The Lifestyle Interventions

and Independence for Elders Study. *J Am Geriatr Soc.* 2018 Jul;66(6):1172-1179. PMID: PMC6105503.

13. Trombetti A, Church T, Fielding R, Gill T, Guralnik J, Hsu F, King A, Liu C, Manini T, McDermott M, Newman A, Pahor M, Reid K, Rejeski J. Effect of Physical Activity on Frailty and Associated Negative Outcomes: A Secondary Analysis of the LIFE Randomized Controlled Trial. *Ann Intern Med.* 2018 Mar 6;168(5):309-316. PMID: PMC5898617.
14. Wanigatunga AA, Gill TM, Marsh AP, Hsu FC, Yaghjyan L, Woods AJ, Glynn NW, King AC, Newton RL Jr, Fielding RA, Pahor M, Manini TM; Lifestyles Intervention and Independence for Elders Study Investigators. Effect of Hospitalizations on Physical Activity Patterns in Mobility-Limited Older Adults. *J Am Geriatr Soc.* 2018 Nov 19. doi: 10.1111/jgs.15631. [Epub ahead of print].
15. Wasson E, Rosso AL, Santanasto AJ, Rosano C, Butters MA, Jack Rejeski W, Boudreau RM, Aizenstein H, Gmelin T, Glynn NW; LIFE Study Group. Neural correlates of perceived physical and mental fatigability in older adults: A pilot study. *Exp Gerontol.* 2018 Dec 4. pii: S0531-5565(18)30504-7. doi: 10.1016/j.exger.2018.12.003. [Epub ahead of print].

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16. Aubertin-Leheudre M, Anton S, Beavers D, Botoseneau A, Church T, Fielding R, Hauser M, Kritchevsky S, Manini T, McDermott M, Newman A, Pahor M. Dynapenia and Metabolic Health in Obese and Nonobese Adults Aged 70 Years and Older: The LIFE Study. *J Am Med Dir Assoc.* 2017 Apr 1;18(4):312-319. PMID: PMC5366275.
17. Botoseneau A, Chen H, Ambrosius W, Allore HG, Anton S, Folta S, King A, Nicklas B, Spring B, Strotmeyer E, Gill TM, LIFE Study Group. Effect of Metabolic Syndrome on the Mobility Benefit of a Structured Physical Activity Intervention-The Lifestyle Interventions and Independence for Elders Randomized Clinical Trial. *J Am Geriatr Soc.* 2017 Jun;65(6):1244-1250. PMID: PMC5478451
18. Chen H, Ambrosius W, Fielding R, Miller M, Murphy T, Pahor M, Rejeski J, Santanasto A, Tudor-Locke C. Imputation of Gait Speed for Noncompleters in the 400-Meter Walk: Application to the Lifestyle Interventions for Elders Study. *J Am Geriatr Soc.* 2017 Dec. 65(12), pp. 2566-2571.
19. Cochrane SK, Chen SH, Fitzgerald JD, Dodson JA, Fielding RA, King AC, McDermott MM, Manini TM, Marsh AP, Newman AB, Pahor M, Tudor-Locke C, Ambrosius WT, Buford TW, LIFE Study Research Group. Association of Accelerometry-Measured Physical Activity and Cardiovascular Events in Mobility-Limited Older Adults: The LIFE (Lifestyle Interventions and Independence for Elders) Study. *J Am Heart Assoc.* 2017 Dec; 6(12): e007215.
20. Corbett DB, Rejeski WJ, Tudor-Locke C, Glynn NW, Kritchevsky SB, McDermott MM, Church TS, Fielding RA, Gill TM, King AC, Miller ME, Chen H, Pahor M, Manini TM; LIFE Study Investigators. Social Participation Modifies the Effect of a Structured Physical Activity Program on Major Mobility Disability Among Older Adults: Results From the LIFE Study. *J Gerontol B Psychol Sci Soc Sci.* 2018 Oct 10;73(8):1501-1513. PMID: PMC6178963.
21. Espeland MA, Lipska K, Miller ME, Rushing J, Cohen RA, Verghese J, McDermott MM, King AC, Strotmeyer ES, Blair SN, Pahor M, Reid K, Demons J, Kritchevsky SB; LIFE Study Investigators. Effect of Lifestyle Intervention on Physical and Cognitive Function in Sedentary Adults with and without Diabetes. *J Gerontol A Biol Sci Med Sci.* 2017 Jun 1;72(6):861-866.
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23. Gill T, Applegate W, Beavers D, Fielding R, Guralnik J, Manini T, Marsh A, McDermott M, Miller M, Newman A, Pahor M, Allore H, Hauser M. The effect of intervening hospitalizations on the benefit of structured physical activity in promoting independent mobility among community-living older persons: secondary analysis of a randomized controlled trial. *BMC Med.* 2017; 15: 65.
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31. Santanasto A, Blair S, Fielding R, Gill T, Glynn N, Guralnik J, Hsu F, King A, Lovato L, Manini T, Marsh A, McDermott M, Newman A, Pahor M, Strotmeyer E. The Effect of Long Term Physical Activity or Health Education on Grip Strength, Chair-Rise Time, Gait Speed, and Balance. *J Am Geriatr Soc*. 2017 Jul;65(7):1427-1433.
32. Shaaban CE, Aizenstein HJ, Jorgensen DR, MacCloud RL, Meckes NA, Erickson KI, Glynn NW, Mettenburg J, Guralnik J, Newman AB, Ibrahim TS, Laurienti PJ, Vallejo AN, Rosano C; LIFE Study Group. In Vivo Imaging of Venous Side Cerebral Small-Vessel Disease in Older Adults: An MRI Method at 7T. *AJNR Am J Neuroradiol*. 2017 Oct;38(10):1923-1928. PMID: PMC5632121.
33. Wanigatunga AA, Ambrosius WT, Rejeski WJ, Gill TM, Glynn NW, Tudor-Locke C, Manini TM. Association Between Structured Physical Activity and Sedentary Time in Older Adults. *JAMA*. 2017 Jul 18;318(3):297-299.
34. Wanigatunga A, Axtell R, Fielding R, Glynn N, King A, Manini T, McDermott M, Pahor M, Tudor-Locke C. Effects of a Long-Term Physical Activity Program on Activity Patterns in Older Adults. *Med Sci Sports Exerc*. 2017 Nov;49(11):2167-2175.

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36. deFilippi CR, de Lemos JA, Newman AB, Guralnik JM, Christenson RH, Pahor M, Church T, Espeland M, Kritchevsky SB, Stafford R, Seliger SL; LIFE Study Group. Impact of moderate physical activity on the longitudinal trajectory of a cardiac specific biomarker of injury: Results from a randomized pilot study of exercise intervention. *Am Heart J*. 2016 Sep;179:151-6. doi: 10.1016/j.ahj.2016.07.001. Epub 2016 Jul 12.
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- Structured Physical Activity on Overall Burden and Transitions between States of Major Mobility Disability in Older Persons: Secondary Analysis of a Randomized Controlled Trial. *Ann Intern Med.* 2016 Dec 20;165(12):833-840. PMID: PMC5476905.
39. Gill TM, Pahor M, Guralnik JM, McDermott MM, King AC, Buford TW, Strotmeyer ES, Nelson ME, Sink KM, Demons JL, Kashaf SS, Walkup MP, Miller ME; LIFE Study Investigators. Effect of structured physical activity on prevention of serious fall injuries in adults aged 70-89: randomized clinical trial (LIFE Study). *BMJ* 2016;352:i245.
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Supplemental Table S2: Independently funded grants that took advantage of the LIFE studies			
	Title of Grant	Principal Investigator	Funding Agency / Grant Number
1	Effect of Exercise Modality During Weight Loss on Bone Health in Older Adults	Kristen Beavers, PhD	NIA K01AG047921
2	Sarcopenia & Physical Frailty in Older People: Multi-Component Treatment Strategies (SPRINTT)	Roberto Bernabei, MD (Marco Pahor, MD; Emanuele Marzetti, MD)	EU Innovative Medicines Initiative
3	Whole Genome Association Analysis of the Diabetes Heart Study (LIFE Ancillary: Analysis of Coding Variants Associated with Age-Related Phenotypes)	Donald Bowden, PhD	NHLBI R01HL092301
4	Effects of a one-year physical activity program (LIFE-P) on serum C-terminal Agrin Fragment (CAF) concentrations among older adults at risk for physical disability	Thomas Buford, PhD	NeurotuneAG (Switzerland)
5	Identifying Frailty in Primary Care: Implementation of an Electronic Medical Record-Based Frailty Index	Kathryn Callahan, MD	NIA K76AG059986
6	Oxidative damage, inflammation and physical exercise	Matteo Cesari, MD, PhD	NIA R01AG026556
7	Impact of moderate physical activity on the longitudinal trajectory of cardiac specific biomarkers of stress and injury: support for modifying early heart failure phenotypes	Christopher deFilippi, MD; Stephen Seliger, MD	Roche Diagnostics Corporation
8	Geriatric Impairments, Risk of Treatment-Related Harms, and Shared Decision-Making Among Older Adults with Acute Myocardial Infarction	John Dodson, MD	NIA K23AG052463
9	Physical Activity and Depressive Symptoms in LIFE-P: Effects of Genetic Polymorphisms and Symptom Dimensions of Depression	Vonetta Dotson, PhD	Diversity Supplement to NIA U01AG022376-07S1
10	The Effects of Exercise on Apelin	Cedric Dray, PhD	INSERM (France)
11	Boston Claude D. Pepper Older Americans Independence Center	Roger Fielding, PhD	NIA P30AG031679
12	Nutrition, Sarcopenia, Physical Activity, and Skeletal Muscle Function in the Elderly	Roger Fielding, PhD	USDA 58-1950-0-014
13	Nitrite Benefits to Mediate Fatigability in Older HFPEF Patients	Daniel Forman, MD (Nancy Glynn, PhD)	NIA R56AG051637
14	Cardiovascular Disease Prevention Training Program (LIFE Ancillary: Exercise, brain-derived neurotrophic factor (BDNF) and cognitive decline)	Stephen Fortmann, MD (Natara Garovoy, PhD)	NHLBI T32HL007034-29
15	Academic Leadership Award in Disability and Disabling Disorders	Thomas Gill, MD	NIA K07AG043587
16	Testosterone level, SPPB scores, ad symptoms among older men with functional limitations	Thomas Gill, MD	NIA U01AG027016
17	Yale University Claude D. Pepper Older Americans Independence Center	Thomas Gill, MD	NIA P30AG021342
18	Randomized Trial of Multifactorial Fall Injury Prevention Strategy (STRIDE)	Thomas Gill, MD; Shalender Bhasin, MD; David Reuben, MD	PCORI/NIA U01AG048270
19	Predictors and Long-term Health Outcomes Associated with Cognitive and Physical Decline in Older Adults	Elizabeth Handing, PhD	NIA F32AG058457

20	Trial of vitamin d supplementation and neuromuscular function in older adults	Denise Houston, PhD	NIA Denise Houston, PhD
21	Vitamin D Status, Related Gene Polymorphisms, and Physical Function in Elders	Denise Houston, PhD	NIA K01AG030506
22	Improving Outcome Measurement for Medical Rehabilitation Clinical Trials	Alan Jette, PhD (Roger Fielding, PhD)	NICHHD R24HD065688
23	Wake Forest University Claude D. Pepper Older Americans Independence Center	Stephen Kritchevsky, PhD	NIA P30AG021332
24	Multimodal imaging of brain activity to investigate walking and mobility decline in older adults	Todd Manini, PhD	NIA U01 AG061389
25	Metabolic cost of daily activities in older adults	Todd Manini, PhD	NIA R01AG042525
26	Wearable technology infrastructure to enhance capacity for Real-time, Online Assessment and Mobility Monitoring (ROAMM) of intervening health events in older adults	Todd Manini, PhD	NIA R21/R33 AG059207
27	PEAKS Validation of mobile technologies for clinical assessment, monitoring & intervention.	Todd Manini, PhD	NCI SBIR HHSN261201500014C
28	Task Specific Exercise for the Clinically Disabled	Todd Manini, PhD	
29	mtDNA Variant Modifiers of Cardiopulmonary Responsiveness to Physical Activity	Todd Manini, PhD (Carlos Vaz Fragoso, MD)	NHLBI R01HL121023
30	Exercise Training and Inflammatory Risk Factors for Disability	Barbara Nicklas, PhD	NIA R01AG027529
31	University of Florida Claude D. Pepper Older Americans Independence Center	Marco Pahor, MD	NIA P30AG028740
32	Enabling Reduction of Low-Grade Inflammation in Seniors (ENRGISE)	Marco Pahor, MD; Walter Ambrosius, PhD	NIA U01AG050499
33	Molecular Transducers of Physical Activity Consortium (MoTrPAC)	Marco Pahor, MD; Michael Miller, PhD; W. Jack Rejeski, PhD; Russell Tracy, PhD	NIAMS U24AR071113
34	Ultra-High-Field Neuroimaging in Elderly After a Two-Year Exercise Intervention	Caterina Rosano, PhD	NIA R01AG044474
35	Training in Molecular Epidemiology: Linking Genes to Physical Function in Older Adults	Adam Santanasto, PhD	NIA K01AG057726
36	Pathways of Beneficial Effects of a Physical Activity Intervention on Hippocampal Atrophy Among Older Adults	C. Elizabeth Shaaban, PhD	NIA F31AG054084
37	University of Pittsburgh Claude D. Pepper Older Americans Independence Center	Stephanie Studenski, MD (Anne Newman, MD; Caterina Rosano, MD)	NIA P30AG024827
38	The Aging and Cognitive Health Evaluation in Elders (ACHIEVE) Study	Frank Lin, MD (Nancy W. Glynn, PhD)	NIA R01AG055426

Supplemental Table S3. LIFE and LIFE-P Early Career Scientists

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6	Anda Botosaneanu, MD, PhD	Yale University
7	Tina Brinkley, PhD	Wake Forest University
8	Thomas Buford, PhD	University of Florida
9	Matthew Buman, PhD	Stanford University
10	Kathryn Callahan, MD	Wake Forest University
11	Christy Carter, PhD	University of Florida
12	Cynthia Castro, PhD	Stanford University
13	Matteo Cesari, PhD	University of Florida
14	Duane Corbett, PhD	University of Florida
15	Yenisel Cruz-Almeida, PhD	University of Florida
16	Carlo Custodero, MD	University of Florida
17	Rupak Datta, MD, PhD	Yale University
18	John Dodson, MD	Yale University
19	Vonetta Dotson, PhD	University of Florida
20	Sara Folta, PhD	Tufts University
21	Nancy Glynn, PhD	University of Pittsburgh
22	Bret Goodpaster, PhD	University of Pittsburgh
23	Erik Groessl, PhD	University of California, San Diego
24	Ally Hadjuk, PhD	Yale University
25	Elizabeth Handing, MD	Wake Forest University
26	Rebecca Henderson, MD	Wake Forest University
27	Denise Houston, PhD, RD	Wake Forest University
28	Fang-Chi Hsu, PhD	Wake Forest University
29	Neil Johannsen, PhD	Pennington Biomedical Research Center
30	Susan Kashaf, MD	Yale University
31	Diana Kerwin, MD	Northwestern University
32	Soo Kwon, PhD	University of Florida
33	Brittney Lange-Maia, PhD	University of Pittsburgh
34	David Lee, PharmD, PhD	Yale University
35	Kasia Lipska, MD	Yale University
36	Christine Liu, MD	Tufts University
37	Zuyun Liu, PhD	Yale University
38	Todd Manini, PhD	University of Florida
39	Robert Mankowski, PhD	University of Florida
40	Cinzia Maraldi, MD	University of Florida
41	Emanuele Marzetti, PhD	University of Florida
42	Valerie Myers, PhD	Pennington Biomedical Research Center
43	Neelesh Nadkarni, MD	University of Pittsburgh
44	Mark Newman, PhD	University of Pittsburgh
45	Robert Newton, PhD	Pennington Biomedical Research Center

46	Joe Nocera, PhD	University of Florida
47	Brian O'Hartaigh, PhD	Yale University
48	Kieran Reid, PhD	Tufts University
49	Adam Santanasto, PhD	University of Pittsburgh
50	C. Elizabeth Shaaban, PhD	University of Pittsburgh
51	Kimberly Sibille, PhD	University of Florida
52	Kaycee Sink, MD	Wake Forest University
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55	Elsa Strotmeyer, PhD	University of Pittsburgh
56	Vincenzo Valiani, MD	University of Florida
57	Carlos Vaz Fragoso, MD	Yale University
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Supplemental Online Appendix: Research Investigators for the LIFE Study

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