

**Additional file 4.** Heterogeneity of sample in motor and cognitive baseline performance (per protocol)

	<b>Total sample</b>	<b>Intervention group</b>	<b>Control group</b>
<b>Balance</b>			
FICSIT-4 [Median (IQR), range]	2 (2), 0-5 (n=160)	2 (2.5), 0-5 (n=89)	2 (2), 0-4 (n=71)
<b>Mobility</b>			
TUG, sec [Mean (SD), range]	22.5 (11.2), 9.0-85.0 (n=160)	22.3 (12.2), 9.7-85.0 (n=90)	22.7 (10.0), 9.0-61.0 (n=70)
<b>Lower limb strength &amp; function</b>			
modified 30s CST [Mean (SD), range]	8.0 (3.6), 1-19 (n=141)	8.1 (3.7), 1-19 (n=78)	7.9 (3.6), 2-17 (n=63)
SPPB [Mean (SD), range]	6.5 (2.7), 1-12 (n=152)	6.8 (2.8), 1-12 (n=85)	6.2 (2.6), 1-12 (n=67)
<b>Executive function</b>			
Clock Drawing Test [Mean (SD), range]	3.0 (1.5), 1-9 (n=152)	3.0 (1.3), 1-8 (n=82)	3.1 (1.7), 1-9 (n=70)
Trail Making Test [Mean (SD), range]	21.3 (13.0), 0-48 (n=144)	21.5 (14.3), 0-48 (n=79)	21.0 (11.4), 1-43 (n=65)
<b>Attention &amp; working memory</b>			
Digit Span forward [Mean (SD), range]	5.0 (1.7), 1-10 (n=161)	5.0 (1.7), 1-10 (n=88)	5.0 (1.8), 1-9 (n=73)
Digit Span backward [Mean (SD), range]	2.8 (1.7), 0-6 (n=160)	2.7 (1.7), 0-6 (n=87)	2.9 (1.7), 0-6 (n=73)

30s CST: 30-second chair stand test, FICSIT-4: Frailty and Injuries: Cooperative Studies of Intervention Techniques - subtest 4, IQR: interquartile range, n: number, SD: standard deviation, SPPB: Short Physical Performance Battery, TUG: Timed Up & Go Test