

## **ON-LINE APPENDIX: RESEARCH INVESTIGATORS FOR THE LIFE STUDY**

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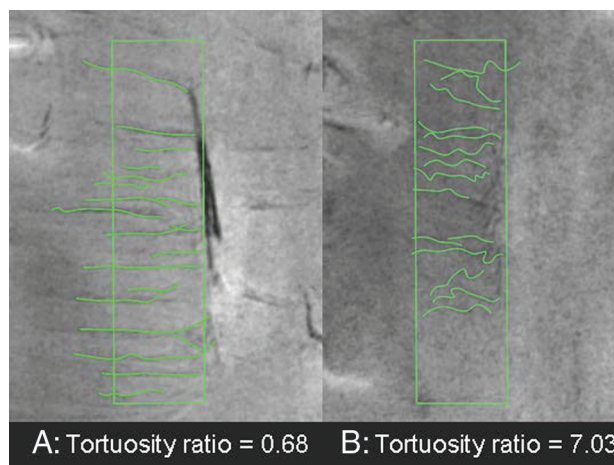
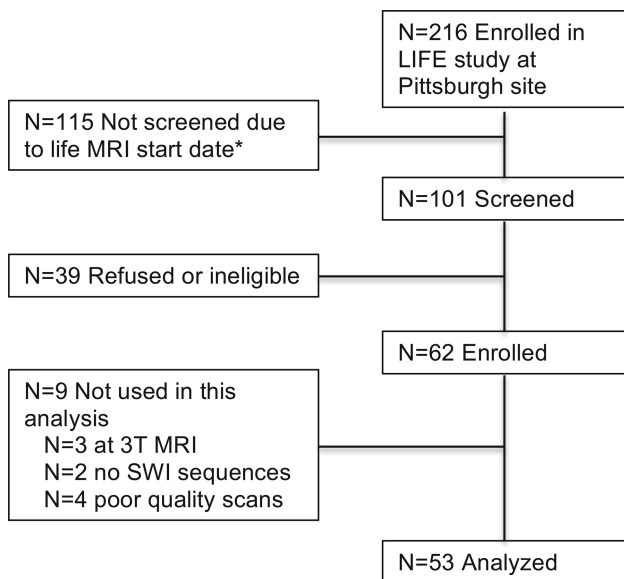
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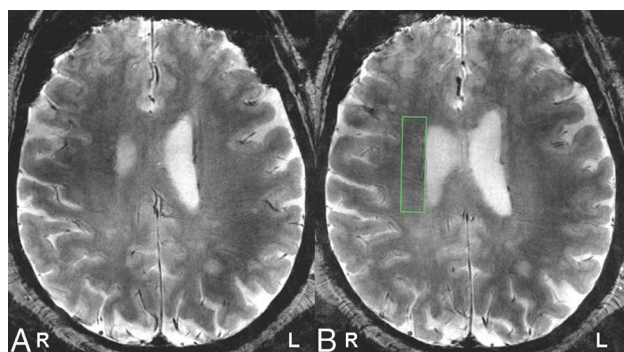
**On-line Table: Inclusion/exclusion criteria for the LIFE MRI study**

Inclusion	Exclusion
Parent study criteria 1) Age 70–89 years 2) Sedentary activity level: <20 minutes per week of regular physical activity in the past month and <125 minutes per week of moderate physical activity 3) High risk of mobility disability: $\leq 9$ on the Short Physical Performance Battery 4) Ability to walk 400 m in <15 minutes without sitting, leaning, or getting assistance LIFE MRI-specific criteria 1) Willingness to complete an MRI scan at study baseline and after 2 years	1) 3MS score $\geq 1.5$ SDs below education- and race-specific norms 2) Inability to safely participate in the intervention as determined by medical record review, physical exam, and electrocardiogram  1) Meeting any MRI exclusion criteria, including metal in the body or claustrophobia



**ON-LINE FIG 3.** Sample right hemisphere ROIs of individuals with low (A) and high (B) tortuosity ratios.

**ON-LINE FIG 1.** LIFE MRI study flow at baseline. The LIFE study began in March 2010, and LIFE MRI began in December 2010.



**ON-LINE FIG 2.** Sample ROI placement in the right hemisphere. A, The last section on which visible CSF is found. B, Then the 4 × 1 cm ROI (green box) is placed on the section where the ventricle is visible, 1 section below A. The minimum intensity projection is used over 3 sections (4.5 mm) to improve visualization of the continuity of low-intensity venous structures.