

**Supplementary Table S1.** Mean (SD) of cognitive, physical and sensorimotor functions stratified by heavy housework and light housework groups, between younger and older participants.

	Heavy Housework (HH)				Light Housework (LH)			
	Younger		Older		Younger		Older	
	Low	High	Low	High	Low	High	Low	High
<i>n</i>	100	149	132	108	137	112	103	137
<b>Cognitive function (Scores)</b>								
RBANS	226 (31)	220 (30)	164 (38)	177 (33)	230 (27)	214 (32)	165 (40)	174 (32)
Immediate-Memory	47 (8)	46 (7)	35 (10)	38 (8)	48 (7)	44 (8)	34 (10)	38 (7)
Delayed-Memory	52 (7)	51 (7)	40 (11)	42 (9)	53 (6)	50 (7)	39 (11)	42 (8)
Visuospatial-Construction	35 (4)	35 (5)	29 (6)	31 (6)	36 (4)	34 (5)	30 (6)	30 (6)
Language	28 (6)	29 (5)	24 (6)	25 (5)	29 (6)	28 (5)	24 (6)	25 (5)
Attention	64 (14)	60 (13)	36 (13)	41 (14)	65 (12)	57 (14)	38 (14)	39 (14)
<b>Physical function</b>								
SPPB score	11.9 (0.5)	11.9 (0.5)	11.0 (1.7)	11.4 (1.2)	11.9 (0.3)	11.9 (0.7)	11.1 (1.5)	11.2 (1.5)
Gait Speed (m/s)	1.1 (0.2)	1.1 (0.2)	0.9 (0.2)	1.0 (0.2)	1.2 (0.2)	1.1 (0.1)	0.9 (0.2)	1.0 (0.2)
5x Sit-to-stand (s)	8.1 (2.2)	8.4 (1.7)	10.6 (2.5)	9.7 (3.1)	8.1 (2.1)	8.5 (1.7)	10.2 (2.5)	10.2 (3.1)
<b>Sensorimotor function</b>								
Physiological Profile Assessment	-0.10 (0.76)	0.04 (0.86)	1.46 (1.20)	1.12 (1.09)	-0.19 (0.73)	0.19 (0.87)	1.45 (1.24)	1.20 (1.08)