<table>
<thead>
<tr>
<th>Reference</th>
<th>Design</th>
<th>Participants (^a)</th>
<th>Exercise Intervention</th>
<th>Control intervention</th>
<th>Assessments</th>
</tr>
</thead>
</table>
| Emery 1991 & 1994\(^b\) | Cohort (United States) | \(N_{\text{total}} = 64\), 55% male, age: 67 ± 7 yrs | **Length**: 1 month  
**Frequency**: 5x/week  
**Intensity**: Not specified  
**Components**: 45 min of aerobic exercise, upper body strengthening, and daily lectures. Also pool exercises (2x/week), 45 min of psychosocial counselling and stress management (2x/week), and respiratory therapy as needed. | None | Cognitive: Finger Tapping Test, Digit Symbol and Digit Span subscales of WAIS-R, Trail Making Test  
**Other**: 12-minute walk test, incremental cycle ergometry, VO\(2\) max, SCL-revised, PGWB, spirometry |
| Emery 1998    | RCT (United States) | \(N_{\text{total}} = 79\)  
**Waitlist Control**: \(n=25\), 48% male, age: 67 ± 7 yrs  
**Educational Control**: \(n=25\), 40% male, age: 67 ± 6 yrs  
**Exercise Intervention**: \(n=29\), 50% male, age: 65 ± 7 yrs | **Length**: 10 weeks  
**Frequency**: 3-5x/week  
**Intensity**: Not specified  
**Components**:  
First 5 weeks (5x/week): 45 min of aerobic exercise and strength training on Nautilus equipment. Also 60 min of education (4x/week) and 60 min of stress management (1x/week).  
Last 5 weeks (3x/week): 60-90 min of exercise. | **Waitlist Control**: No intervention  
**Educational Control**: Educational lectures and stress management sessions only | Cognitive: Digit Vigilance Test, Finger Tapping Test, Verbal Fluency Test, Digit Symbol subscale of WAIS-R, Trail Making Test  
**Other**: incremental cycle ergometry test, VO\(2\) max, CES-D, spirometry, Bradburn Affect-Balance Scale, MHLC, SIP, SCL, STAI, health knowledge |
Also 60 min of stress management (1x/week).

<table>
<thead>
<tr>
<th>Study</th>
<th>Design Type</th>
<th>Two Stages:</th>
<th>Stage 1</th>
<th>Stage 2</th>
</tr>
</thead>
</table>
| Etnier 2001   | Non-Randomized Controlled Trial (United States) | 1. Rehabilitation stage: Cohort  
2. Maintenance stage: RCT | N<sub>total</sub> = 29, 62% male, age: 68 ± 6 yrs | N<sub>total</sub> = 15, 86% male, age: 70 ± 6 yrs |
|                |                              | **Length:** 3 months  
**Frequency:** 3x/week  
**Intensity:** Dyspnea rating of 3-4.  
**Components:** Aerobic exercise for double the duration achieved during the graded exercise test at the target intensity. Also upper body strength training, stretching exercises, and education. | | |
| Kozora 2002   |                              | N<sub>total</sub> = 59  
Control: n=29, 45% male, age: 67 yrs | | |
|                |                              | **Length:** 3 weeks  
**Frequency:** 4x/week  
**Intensity:** Not specified  
**Components:** Exercise, psychosocial, and | | |

**Cognitive:** Culture Fair Intelligence Test (Scale 3, forms A & B)  
**Other:** 6MWT, CES-D, graded exercise test, spirometry
### Pereira Cohort (Brazil)

**Intervention:**
- n=30, 50% male, age: 67 yrs
- Educational sessions.

**Other:** Clock Drawing to Command, Boston Naming Test, Controlled Oral Word Association Test, Animal Naming Test

<table>
<thead>
<tr>
<th><strong>Length:</strong> 3 months</th>
<th><strong>Intensity:</strong> Not specified</th>
<th><strong>Components:</strong> Aerobic and resistance training, and educational and psychosocial sessions.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frequency:</strong> 3x/week</td>
<td></td>
<td></td>
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</tbody>
</table>

### Aquino Randomized Trial (Italy)

**Intervention:**
- N\textsubscript{total} = 28
- **Aerobic and Resistance Exercise:**
  - n=14, 100% male, age: 65 ± 7 yrs
- **Aerobic Exercise Only:**
  - n=14, 100% male, age: 69 ± 7 yrs
- Educational sessions.

**Other:** 6MWT, BDI, spirometry

<table>
<thead>
<tr>
<th><strong>Length:</strong> 4 weeks</th>
<th><strong>Intensity (progressed over 4 weeks):</strong></th>
<th><strong>Components:</strong> Aerobic and resistance training, and respiratory, balance and mobility exercises.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frequency:</strong> 2x/day, 5x/week</td>
<td>Aerobic training: 30 min at 70-90% of HRmax; Resistance training: 3 sets of 4-10 repetitions at 70-90% of 1-RM</td>
<td></td>
</tr>
</tbody>
</table>
Studies Depression Scale; MHLC=Multidimensional Health Locus of Control; RAVLT= Rey Auditory Verbal Learning Test; RCT=Randomized Control Trial; HR= Heart Rate; PGWB=Psychological General Well-Being Index; SCL=Hopkins Symptom Checklist; SIP=Sickness Impact Profile; STA=State Trait Anxiety Inventory; VO2 max= Maximal Oxygen Consumption Rate; WAIS-R=Wechsler Adult Intelligence Scale – Revised; WMS-R=Wechsler Memory Scale – Revised; Yrs = Years.