

Reference	Design	Participants ^a	Exercise Intervention	Control intervention	Assessments
Emery 1991 & 1994 ^b	Cohort (United States)	N _{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 _{total} = 79 <i>Waitlist</i> <i>Control:</i> n=25, 48% male, age: 67 ± 7 yrs <i>Educational</i> <i>Control:</i> n=25, 40% male, age: 67 ± 6 yrs <i>Exercise</i> <i>Intervention:</i> n=29, 50% male, age: 65 ± 7 yrs	Length: 10 weeks Frequency: 3-5x/week Intensity: Not specified Components: <u>First 5 weeks (5x/week):</u> 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). <u>Last 5 weeks (3x/week):</u> 60-90 min of exercise.	<i>Waitlist Control:</i> No intervention <i>Educational Control:</i> 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).

Etnier 2001 ^e	<p>Two Stages: 1. Rehabilitation stage: Cohort 2. Maintenance stage: RCT <i>(United States)</i></p>	<p>Stage 1 (0-3 months): N_{total} = 29, 62% male, age: 68 ± 6 yrs</p>	<p>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.</p>	None	<p>Cognitive: Culture Fair Intelligence Test (Scale 3, forms A & B) Other: 6MWT, CES-D, graded exercise test, spirometry</p>
		<p>Stage 2 (3-18 months): N_{total} = 15 <i>Control:</i> n=7, 86% male, age: 70 ± 6 yrs <i>Exercise Intervention:</i> n=8, 63% male, age: 67 ± 4 yrs</p>	<p>Length: 15 months Frequency: 3x/week Intensity: as above Components: as above</p>	Usual Care (advised to continue to exercise independently following the rehabilitation stage)	<p>Cognitive: Culture Fair Intelligence Test (Scale 3, forms A & B) Other: 6MWT, CES-D, graded exercise test, spirometry</p>
Kozora 2002	<p>Non-Randomized Controlled Trial <i>(United States)</i></p>	<p>N_{total} = 59 <i>Control:</i> n=29, 45% male, age: 67 yrs^c <i>Exercise</i></p>	<p>Length: 3 weeks Frequency: 4x/week Intensity: Not specified Components: Exercise, psychosocial, and</p>	Usual Care (no intervention)	<p>Cognitive: Digit Span and Digit Symbol subscales of WAIS-R, Digit Vigilance Test, Trail Making Test, Logical Memory, Visual Reproduction, and Paired Associates subscales of WMS-R,</p>

		<i>Intervention:</i> <i>n=30, 50%</i> male, age: 67 yrs ^c	educational sessions.		Clock Drawing to Command, Boston Naming Test, Controlled Oral Word Association Test, Animal Naming Test
					Other: 6MWT, BDI, spirometry
Pereira 2011	Cohort <i>(Brazil)</i>	N _{total} = 34, 50% male, age: 65 ± 7 yrs	Length: 3 months Frequency: 3x/week Intensity: Not specified Components: Aerobic and resistance training, and educational and psychosocial sessions.	None	Cognitive: Stroop Test, FAS Test, Digit Span Test, RAVLT Other: 6MWT, spirometry, blood gas
Aquino 2016	Randomized Trial <i>(Italy)</i>	N _{total} = 28 <i>Aerobic and Resistance Exercise:</i> <i>n=14, 100%</i> male, age: 65 ± 8 yrs <i>Aerobic Exercise Only:</i> <i>n=14, 100%</i> male, age: 69 ± 7 yrs	Length: 4 weeks Frequency: 2x/day, 5x/week Intensity (progressed over 4 weeks): Aerobic training: 30 min at 70- 90% of HRmax; Resistance training: 3 sets of 4-10 repetitions at 70-90% of 1-RM Components: Aerobic and resistance training, and respiratory, balance and mobility exercises.	None	Cognitive: RAVLT, Drawing Copy Test, Attentive Matrices Test, Raven Test, Verbal Fluency Test Other: VO ₂ max (estimated from 6MWT), 1-RM (estimated by Brzycki)

^aAge reported as mean ± SD.

^bEmery 1991 and 1994 present data from the same original study.

^cStandard deviation not provided.

1-RM= One Repetition Maximum; 6MWT= Six-Minute Walk Test; BDI=Beck Depression Inventory; CES-D=Center for Epidemiological

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; STAI=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.