### S2 Table. Participants’ characteristics according to their leisure and sport activities level, n=1697

<table>
<thead>
<tr>
<th></th>
<th>Baseline leisure and sport activities</th>
<th>Baseline leisure and sport activities</th>
<th>Baseline leisure and sport activities</th>
<th>Chi² test p value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>[0-8.18]</td>
<td>&gt;8.18</td>
<td></td>
</tr>
<tr>
<td></td>
<td>n=686</td>
<td>n=655</td>
<td>n=356</td>
<td></td>
</tr>
<tr>
<td></td>
<td>%</td>
<td>%</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Sex, female</strong></td>
<td>73.47</td>
<td>59.54</td>
<td>51.69</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Education level</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;6 years</td>
<td>26.32</td>
<td>20.61</td>
<td>19.44</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>6-11 years</td>
<td>29.39</td>
<td>29.01</td>
<td>26.2</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>&gt;11 years</td>
<td>44.3</td>
<td>50.38</td>
<td>54.37</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Hierarchical disability indicator</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fully independent</td>
<td>23.34</td>
<td>49.34</td>
<td>65.35</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Mild disability</td>
<td>51.16</td>
<td>43.19</td>
<td>30.7</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Moderate to severe disability</td>
<td>25.5</td>
<td>7.48</td>
<td>3.95</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Fruit and vegetable consumption</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>less than twice per day</td>
<td>13.4</td>
<td>8.67</td>
<td>6.57</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Alcohol</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0</td>
<td>39.18</td>
<td>27.3</td>
<td>27.61</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>1-36 g/day</td>
<td>58.33</td>
<td>67.64</td>
<td>68.73</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>&gt; 36 g/day</td>
<td>2.49</td>
<td>5.06</td>
<td>3.66</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Body mass index</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal (&lt;25)</td>
<td>50</td>
<td>54.39</td>
<td>59.71</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Overweight (25-30)</td>
<td>33.18</td>
<td>37.6</td>
<td>36.86</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Obese (≥30)</td>
<td>16.82</td>
<td>8.01</td>
<td>3.43</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td><strong>Treated hypertension or blood pressure ≥160/95 mm Hg</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>12.26</td>
<td>9.05</td>
<td>9.32</td>
<td>0.1185</td>
</tr>
<tr>
<td>Cardiovascular disease</td>
<td>18.51</td>
<td>15.42</td>
<td>13.48</td>
<td>0.0858</td>
</tr>
<tr>
<td>Depressive symptoms (CES-D ≥16 or treatment)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Benzodiazepine use</td>
<td>23.18</td>
<td>16.18</td>
<td>11.24</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>APOE4 allele</td>
<td>16.15</td>
<td>18.31</td>
<td>18.29</td>
<td>0.5351</td>
</tr>
<tr>
<td></td>
<td>Median (IQR)</td>
<td>Median (IQR)</td>
<td>Median (IQR)</td>
<td>Wilcoxon test</td>
</tr>
<tr>
<td>Age</td>
<td>81 (74-88)</td>
<td>80 (74-86)</td>
<td>78 (73-82)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>MMSE score</td>
<td>28 (26-30)</td>
<td>29 (27-31)</td>
<td>29 (27-31)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>BVRT score</td>
<td>12 (9-15)</td>
<td>12 (9-15)</td>
<td>12 (10-14)</td>
<td>0.04</td>
</tr>
<tr>
<td>IST score</td>
<td>44 (30-58)</td>
<td>47 (33-61)</td>
<td>51 (38-64)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>TMTA score</td>
<td>52 (24-80)</td>
<td>49 (25-73)</td>
<td>43 (26-60)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>TMTB score</td>
<td>107 (43-171)</td>
<td>98 (41-156)</td>
<td>87 (42-132)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>FCSRT &quot;free recall score&quot;</td>
<td>25 (16-34)</td>
<td>26 (17-35)</td>
<td>26 (17-36)</td>
<td>0.01</td>
</tr>
<tr>
<td>FCSRT &quot;total recall score&quot;</td>
<td>47 (43-51)</td>
<td>47 (43-51)</td>
<td>47 (43-51)</td>
<td>0.76</td>
</tr>
</tbody>
</table>

*BVRT: Benton Visual Retention Test, FCSRT: Free and Cued Selective Reminding Test, IQR: interquartile range, IST: Isaacs Set Test, MMSE: Mini-Mental State Examination, TMTA or TMTB: Trail Making Tests A or B.*