

Supplementary Materials

Table S1. Comparison of sex and age distribution between the study sample and the total older adult population of members of a health club chain.

Characteristic	Study sample	All older adult (age ≥ 65 years) health club chain members	<i>p</i> - Value
N	1,670	19,160	
Sex, <i>n</i> (%)			<0.001
Female	959 (57.4)	10,154 (53.0)	
Male	706 (42.3)	9,006 (47.0)	
Age (y), Mean ± SD	71.0 ± 4.5	71.8 ± 5.2	0.21