

SUPPLEMENTARY TABLE

Supplementary Table 1. The effect of the interventions across the five-year intervention period on WMH, PWMH, DWMH and WM-hypo volumes (corrected for ICV) adjusted for age, sex, and baseline outcome values for the two intervention groups combined (MICT and HIIT) compared to the control group.

Predictors	WMH			PWMH.			DWMH.			WM-hypo.		
	Est.	CI (95%)	<i>p-value</i>	Est.	CI (95%)	<i>p-value</i>	Est.	CI (95%)	<i>p-value</i>	Est.	CI (95%)	<i>p-value</i>
Women	2.01	-1.21, 5.22	0.219	0.88	-1.07, 2.82	0.375	1.21	-0.34, 2.75	0.124	-0.79	-1.81, 0.24	0.130
Age	0.26	-0.56, 1.09	0.528	0.46	-0.04, 0.97	0.073	-0.17	-0.56, 0.23	0.404	0.29	0.02, 0.56	0.035
Year one	1.05	-0.68, 2.79	0.232	0.49	-0.67, 1.65	0.403	0.84	0.08, 1.60	0.030	0.01	-0.69, 0.70	0.983
Year three	2.40	-0.51, 5.30	0.105	1.21	-0.62, 3.04	0.193	1.30	-0.04, 2.63	0.057	0.20	-0.83, 1.23	0.701
Year five	7.67	3.13, 12.21	0.001	4.57	1.76, 7.38	0.002	3.07	0.95, 5.19	0.005	0.72	-0.81, 2.24	0.356
MICT&HIIT	-1.17	-4.39, 2.05	0.473	-0.97	-2.93, 1.00	0.331	-0.42	-1.96, 1.13	0.591	-0.52	-1.63, 0.61	0.363
MICT&HIIT*1-year	0.08	-1.66, 1.82	0.931	0.05	-1.19, 1.28	0.943	-0.15	-0.84, 0.55	0.680	0.31	-0.49, 1.11	0.444
MICT&HIIT*3-year	0.73	-1.06, 2.51	0.422	0.55	-0.71, 1.81	0.391	0.06	-0.66, 0.76	0.880	-0.05	-0.87, 0.77	0.897
MICT&HIIT*5-year	1.21	-0.61, 3.04	0.191	1.16	0.10, 2.22	0.032	-0.18	-0.91, 0.54	0.620	-0.44	-1.27, 0.39	0.300
AIC			2105.5			1819.4			1489.8			1519.7

There was a significant interaction between year and the exercise interventions combined (MICT and HIIT), this term was therefore kept for final analysis. Other non-significant interaction terms (between sex, age, or the exercise interventions combined [MICT&HIIT]) were removed from the statistical models. Abbreviations: WMH: white matter hyperintensities; PWMH: periventricular WMH; DWMH: deep WMH; WM-hypo: white matter hypointensities; ICV: intracranial volume; CI: confidence interval; MICT: moderate-intensity continuous training; HIIT: high-intensity interval training; MICT&HIIT: MICT and HIIT combined into one intervention group; Est.: estimates; AIC: Akaike's information criterion.