**APPENDICES**

**APPENDIX 1**

* MET values and Formula for computation of Met-minutes:
* Walking MET-minutes/week = 3.3 \* walking minutes \* walking days.
* Moderate MET-minutes/week = 5.0 \* moderate-intensity activity minutes \* moderate days.
* Vigorous MET-minutes/week = 8.0 \* vigorous-intensity activity minutes \* vigorous-intensity days.

→ a combined total physical activity MET-min/week can be computed as the sum of Walking + Moderate + Vigorous MET-min/week scores.

* Corrected MET value = MET value† \*
* Harris Benedict equation for RMR (kilocalories per day):

Male = 66.4730 + 5.0033 (Height cm) + 13.7516 (Weight kg) – 6.7550 (Age years).

Female = 655.0955 + 1.8496 (Height cm) + 9.5634 (Weight kg) – 5.6756 (Age years).

* To convert kilocalories per day obtained from the Harris Benedict equation2 to ml.kg-1.min-1, the following formula is used: kcal.day-1/1440 = kcal.min-1; kcal.min-1/5 = L.min-1; L.min-1/(weight kg)x1000 = ml.kg-1.min-1

†Compendium code: Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and science in sports and exercise. 2011 Aug; 43(8):1575-81.

**APPENDIX 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Significant different levels of cognitive reserve variables between groups.** | | | | |
|  | **Dementia** | **Cognitive Impairment** | **Cognitive Decline** | **Global Cognitive Function** |
| **Education** | **•** | **•** | **•** | **•** |
| **Occupation Complexity** | **•** | **•** | **•** | **•** |
| **Physical Activity** | **•** | **•** | **•** | **•** |
| **Current Gaming Activity** | **•** | **•** | **•** | **•** |
| **Previous Gaming Activity** |  | **•** | **•** | **•** |
| **Current Other Hobbies** | **•** | **•** | **•** | **•** |
| **Previous Other Hobbies** |  |  |  | **•** |
| **Current Leisure Activity** | **•** | **•** | **•** | **•** |
| **Previous Leisure Activity** |  |  | **•** | **•** |
| **Social Network Size** |  |  |  |  |
| **Social Integration** |  | **•** | **•** |  |
| **Social Network Function** |  | **•** |  |  |

†Compendium code: Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and science in sports and exercise. 2011 Aug; 43(8):1575-81.