Supplementary Material

**No evidence that cognitive and physical activities are related to changes in EEG markers of cognition in older adults at risk of dementia**

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| **Supplementary Table 2. Training and lifestyle-related changes in cognition from pre- to post-training.** |
|  |  | **Difference post-pre [95% CI]** |  | **Group × Time** |  | **Lifestyle × Time** |
| **Outcome****coherence measure** |  | **Cognitive training (*n* = 14)** |  | **Physical training (*n* = 17)** |  | **Wait-list control (*n* = 18)** |  | ***F* statistic** |  | ***p*** |  | ***F* statistic** |  | ***p*** |
| **Fronto-temporal** |  | 0.03 [0.01., 0.06] |  | 0.04 [0.01, 0.07] |  | 0.03 [0.01, 0.05] |  | *F*(2,43) = 0.59 |  | 0.56 |  | *F*(1,43) = 0.14 |  | 0.72 |
| **Fronto-pariental** |  | 0.02 [-0.004, 0.04] |  | 0.04 [0.01, 0.07] |  | 0.04 [0.01, 0.06] |  | *F*(2,43) = 1.79 |  | 0.18 |  | *F*(1,43) = 0.49 |  | 0.49 |
| *Depicted are the mean differences in global coherence (1-30 Hz) measure for the fronto-temporal and the fronto-temporal region within the three groups and 95% confidence intervals in brackets, as well as statistics for Group × Time and Lifestyle × Time interactions.* |