| **Supplementary Appendix Table 1** **Search strategy for Cochrane Library.** |
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| **Number Search items** |
| 1 | #1 Mild Cognitive Impairment\* or MCI or AAMI or ACMI or ARCD or CIND or (nMCI or aMCI or mMCI or MCIa) or MCD or Mild Neurocognitive Disorder\* |
| 2 | #2 \*aging or Aged or "Aged, 80 and over" or Middle Aged or Age Factors or "old\* age\*" or elderly or "middle age\*" or "old\*adults" or seniors or "senior citizens" |
| 3 | #3 #1 and #2 |
| 4 | #4 Exercise or motor activity or Tai JI or executive function or exercise or physical activit\* or treadmill training or balance or strength or endurance or Tai chi or function or cognitive training or cognitive intervention or cognitive stimulation or cognitive rehabilitation or brain training or mental training or memory training or mnemonic training or executive function training or attention training sport\* or jogging or physical activity or physical therapy or exercise\* or fitness or rehabilitation or flexibility or motor activit\* or leisure activit\* or endurance or strength or balance or aerobic\* or physical\* or training or bicycling or cycling or swim\* or gym\* or walk\* or danc\* or yoga or joga or tai chi or taichi or Taijiquan or tai ji or tai-chi or taiji or pilates |
| 5 | #5 Physical therapy modalities or exercise movement techniques or movement or physical fitness or occupational therapy or physical rehabilitation or physical endurance or physical stimulation or physical education or physical training or physical medicine or physical therapy or recovery of function or endurance training or resistance training or strength training |
| 6 | #6 #4 or #5 |
| 7 | #7 Randomized controlled trial or controlled clinical trial or randomized or clinical trials or randomly |
| 8 | #8 #3 and #6 and #7 |