**SDC 2—Program Description by Groupa**

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| **EO Group** | **EDT Group** |
| **Warm-up (5 min.)**   * Light aerobics and dynamic range of motion of the major joints | **Warm-up (5 min.)**   * Light aerobics and dynamic range of motion of the major joints |
| **Aerobic Exercise (25 min.)**   * Large rhythmical endurance activities (e.g., walking, marching, sequenced aerobics) * Moderate to vigorous intensity * Rating perceived exertion (RPE): 5-8 on scale of 0-10 * Participants to check HR ½ way through and at end of aerobic exercise | **Aerobic Exercise (25 min.)**   * Large rhythmical endurance activities (e.g., walking, marching, sequenced aerobics) * Moderate to vigorous intensity * Rating perceived exertion (RPE): 5-8 on scale of 0-10 * Participants to check HR ½ way through and at end of aerobic exercise |
| **Aerobic Cool Down (5 min.)**   * Safely bringing heart rates down | **Aerobic Cool Down (5 min.)**   * Safely bringing heart rates down |
| **SSE only (15 or 22.5 min.)**   * Beginner SSE protocols only * No verbal fluency or arithmetic | **SSE + Dual-task Training (15 or 22.5 min.)**   * Beginner SSE protocols * Required to answer verbal fluency and arithmetic tasks while performing SSE |
| **Abbreviation:** EO, Exercise Only; ECM, Exercise + Dual-Task; SSE, Square-Stepping Exercise  **a**Note: The above table represents an individual session breakdown for each group. Participants attended the structured 60-minute or 75-minute group-based exercise classes, 2 or 3 times per week. Our focus was on keeping the prescribed aerobic exercise to be the same between groups; participants performed a minimum of 50 minutes (classes 2 days/week) to a maximum of 75 minutes (classes 3 days/week) of aerobic exercise from the classes. For those who only attended classes 2 days/week, these participants were instructed to log an additional 25 minutes of aerobic exercise each week outside of class (using a paper log provided). For the SSE portion of the program, participants who attended 2 times per week performed 22.5 minutes of SSE and participants who attended 3 times per week performed 15 minutes of SSE; thus, both groups performed a total of 45 minutes of SSE per week. | |