Supplementary table 1. Performance in tests for walking performance in middle-aged women assessed in perimenopause. Means and standard deviations.

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| --- | --- | --- | --- | --- | --- | --- |
|  | Early perimenopausal |  |  | Late perimenopausal |  |  |
|  | Baseline (n=65) | Follow-up (n=65) | p | Baseline (n=130) | Follow-up(n=130)  | p |
| Maximal walking speed (m/s) | 2.6±0.45c | 2.6±0.44c | 0.40b | 2.6±0.47e | 2.6±0.45e | 0.12b |
| Walking distance (m) | 670.4±64.8d | 682.9±69.4d | 0.01a | 652.2±55.8f | 668.2±62.5f | ˂0.001a |
| Dual-task cost (m/s) | 0.34±0.25c | 0.31±0.28c | 0.40b | 0.32±0.26g | 0.23±0.25g | 0.002b |

apaired samples t-test, bWilcoxon signed rank test, cn=64, dn=63, en=121, fn=119, gn=110