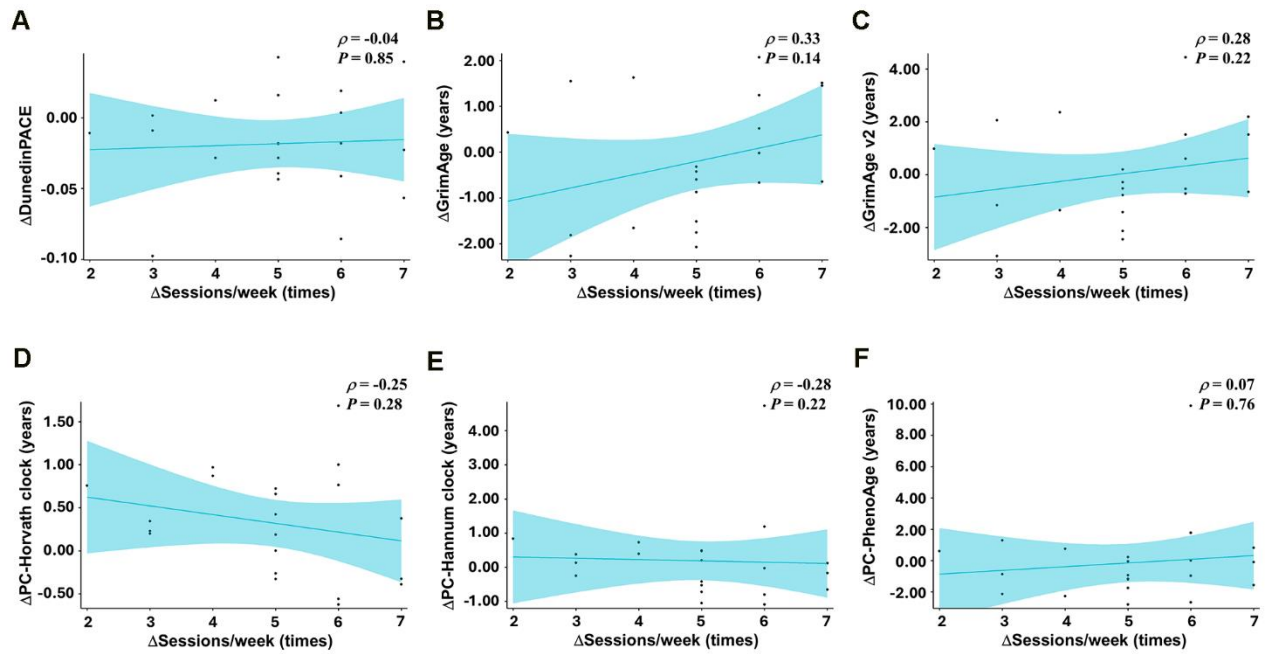


## SUPPLEMENTARY FIGURE



**Supplementary Figure 1. Correlation between changes in frequency of exercise sessions and DNAm-based aging measures.** Scatter plots illustrating associations between changes in exercise frequency ( $\Delta$ sessions/week; week 12 minus baseline) and changes in DNA methylation–derived age acceleration (week 12 minus baseline) in the INT group ( $n = 21$ ). Each point represents an individual participant; solid lines depict simple linear regression fits, shown for visualization only. Pearson correlation coefficients ( $\rho$ ) and corresponding p-values are shown in each panel. Panels show; (A)  $\Delta$ DunedinPACE vs.  $\Delta$ sessions/week; (B)  $\Delta$ GrimAge vs.  $\Delta$ sessions/week; (C)  $\Delta$ GrimAge v2 vs.  $\Delta$ sessions/week; (D)  $\Delta$ PC-Horvath clock vs.  $\Delta$ sessions/week; (E)  $\Delta$ PC-Hannum clock vs.  $\Delta$ sessions/week; (F)  $\Delta$ PC-PhenoAge vs.  $\Delta$ sessions/week.