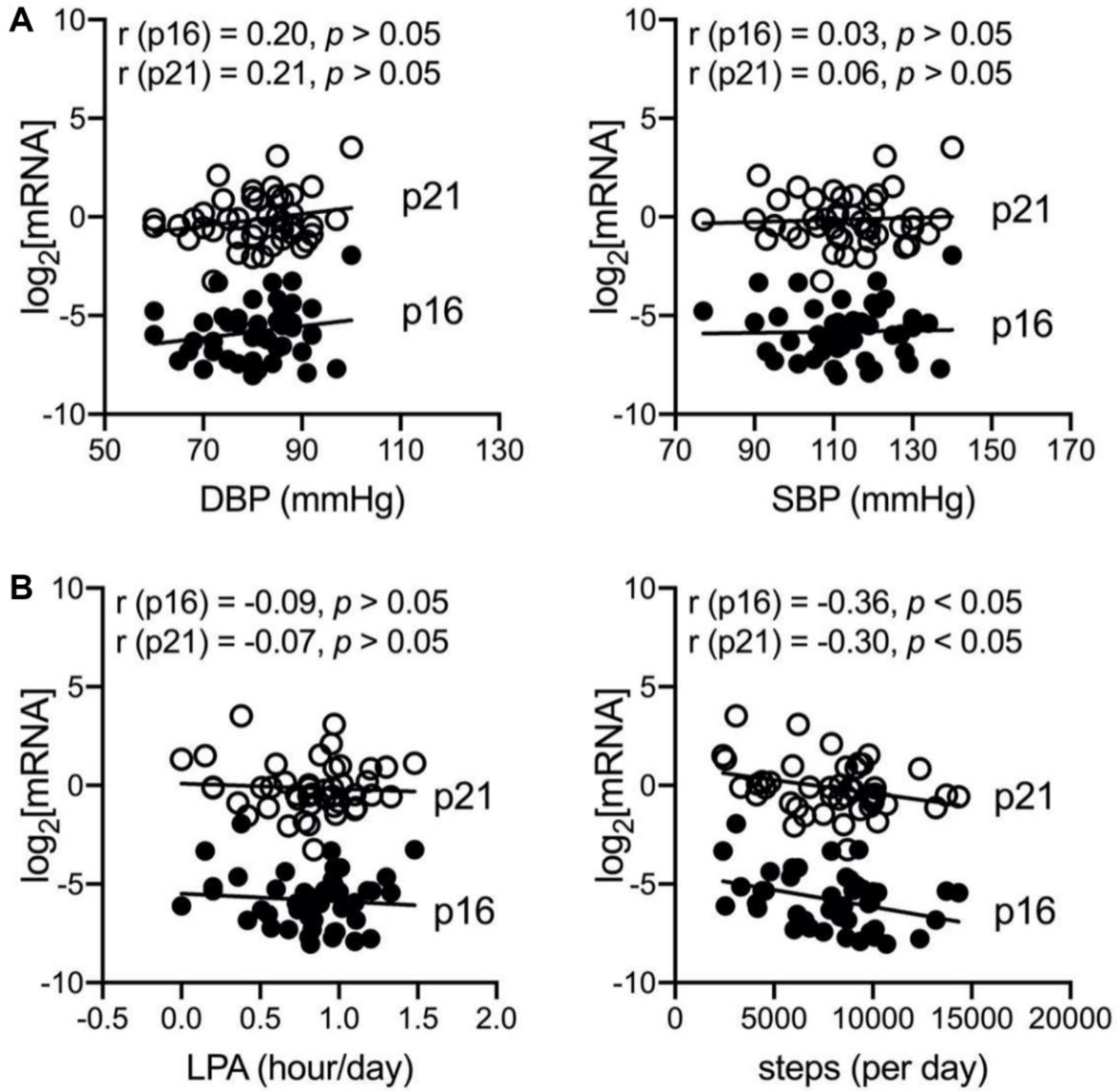
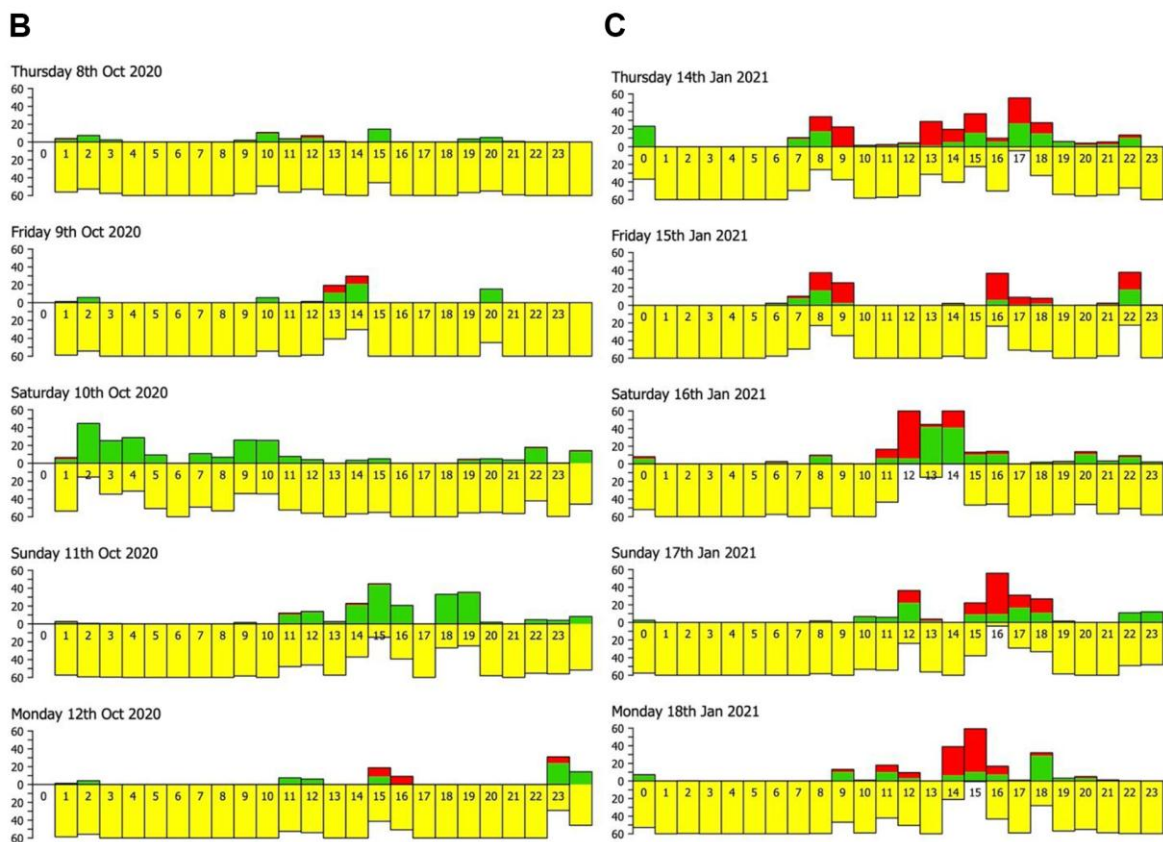
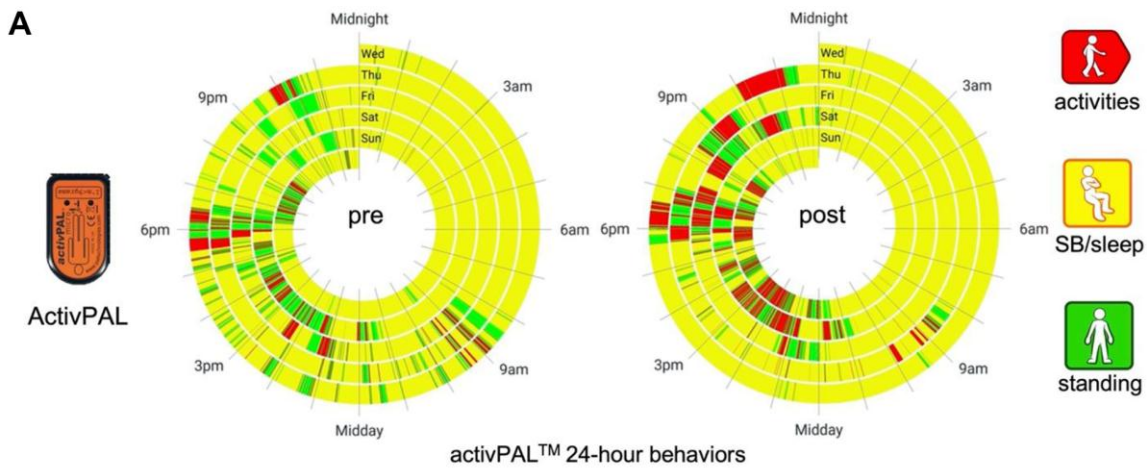


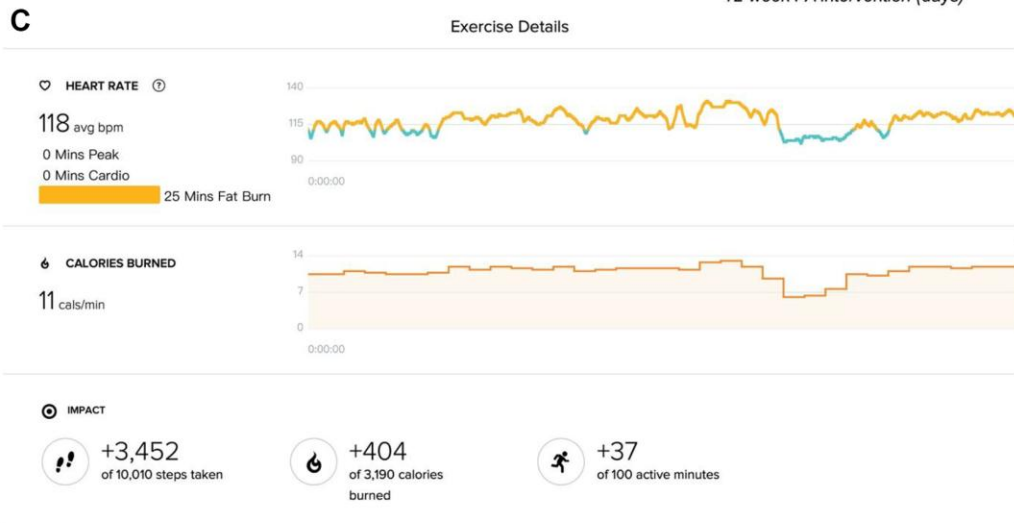
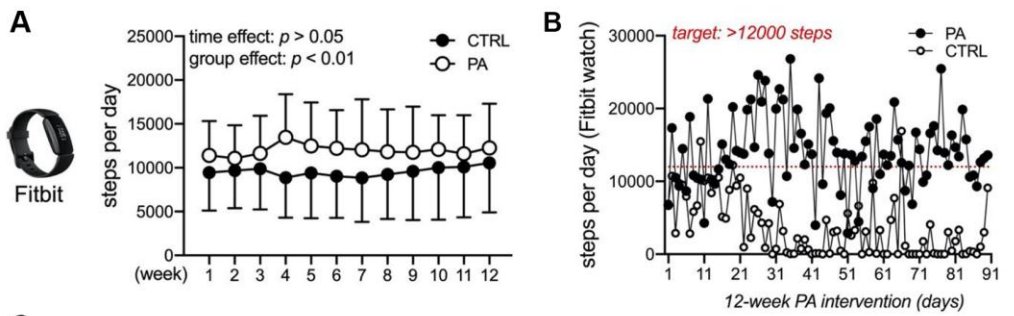
SUPPLEMENTARY FIGURES



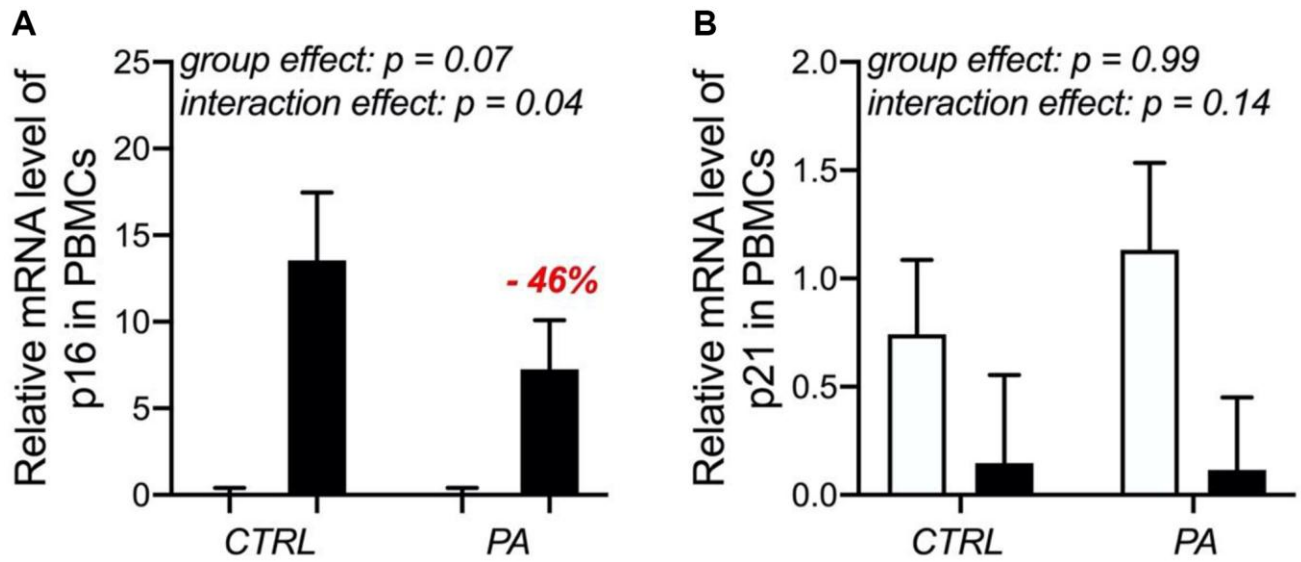
Supplementary Figure 1. Correlation of senescent markers in PBMCs with blood pressure and physical behaviors. (A) Blood pressures. (B) Physical behaviors. Abbreviations: DBP: diastolic blood pressure; SBP: systolic blood pressure; LPA: light physical activity.



**Supplementary Figure 2. Physical behavioral responses measured by activPAL™.** (A) Individual 24-hour behaviors recorded by activPAL™. (B, C) Individual weekly behaviors recorded by activPAL™ before (B) and after physical activity (PA) intervention (C). Abbreviation: SB: sedentary behaviors.



**Supplementary Figure 3. Physical activity intervention monitored by Fitbit watch.** (A) The difference in steps between control (CTRL) and physical activity (PA) intervention groups. (B) Individual steps recorded during 12-week PA intervention. (C) Individual daily activities recorded by Fitbit watch before PA intervention. (D) Individual daily activities recorded by Fitbit watch after PA intervention.



**Supplementary Figure 4. The effect of physical activity intervention on the mRNA level of p16<sup>INK4A</sup> and p21<sup>Cip1</sup> in PBMCs.** (A) mRNA level of p16 in peripheral blood mononuclear cells (PBMCs) of control (CTRL) and physical activity (PA) intervention groups before and after 12-week PA intervention. (B) mRNA level of p21 in PBMCs of control (CTRL) and physical activity (PA) intervention groups before and after 12-week PA intervention. While bar: pre-intervention; Black bar: post-intervention.