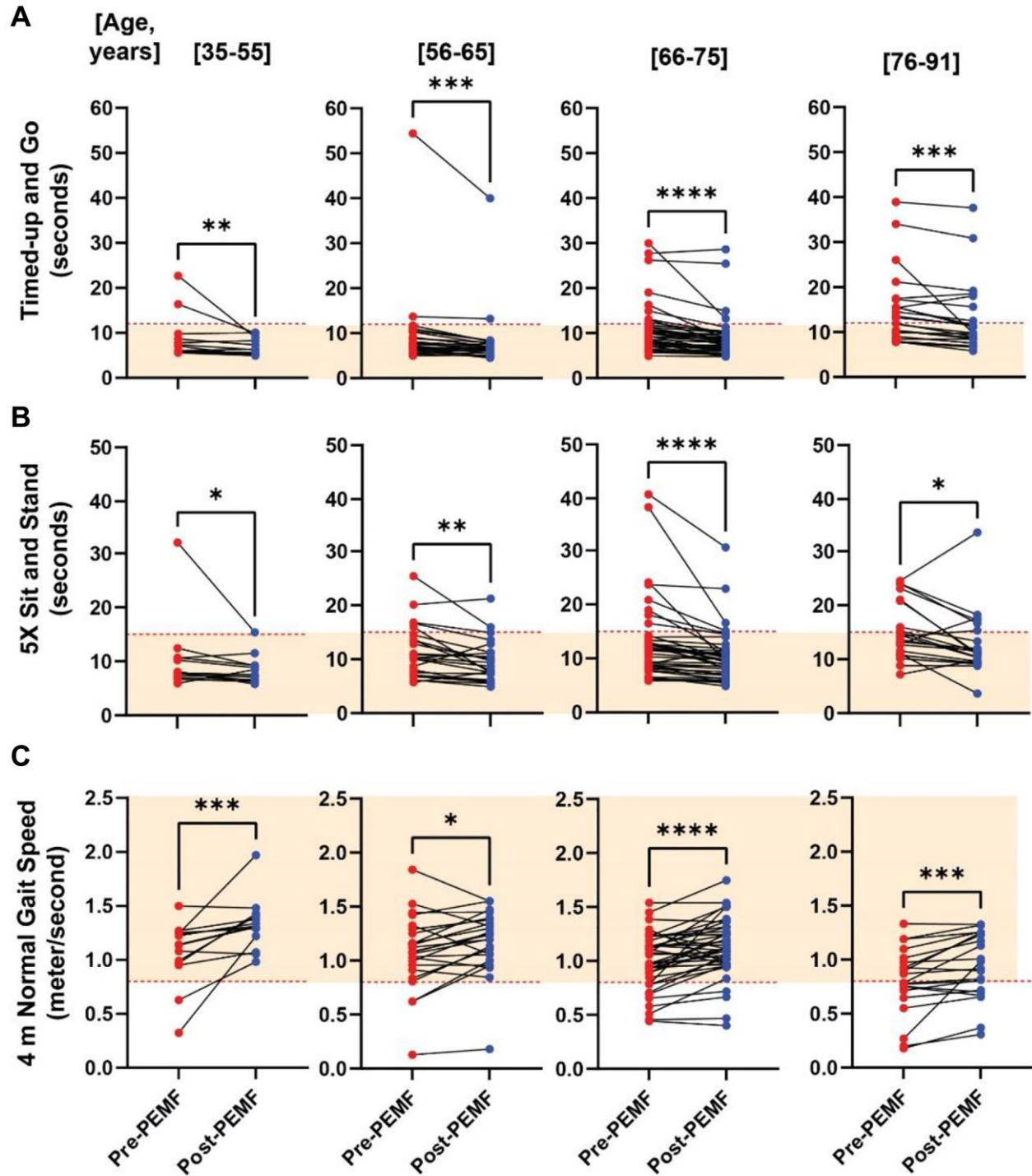
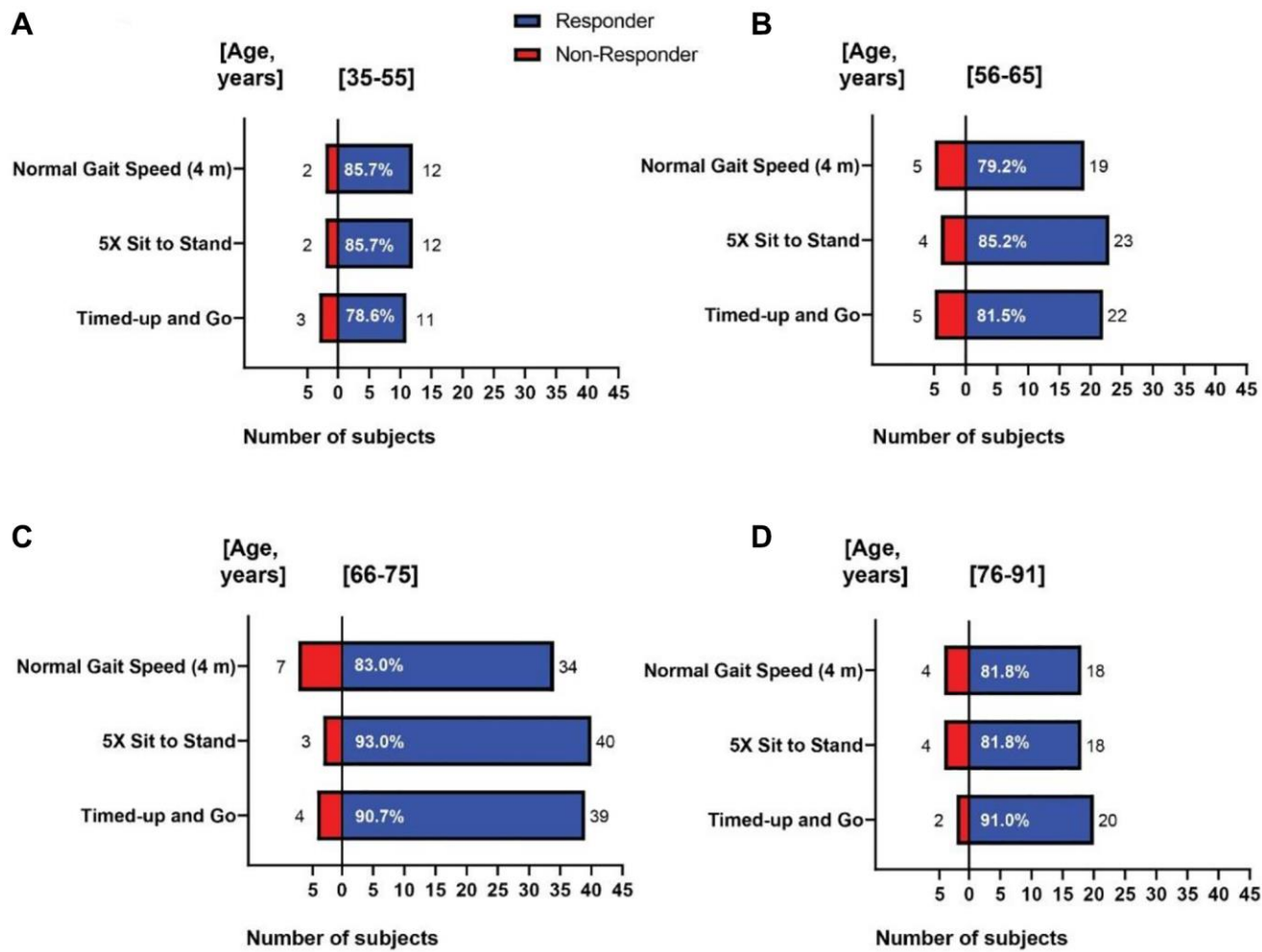


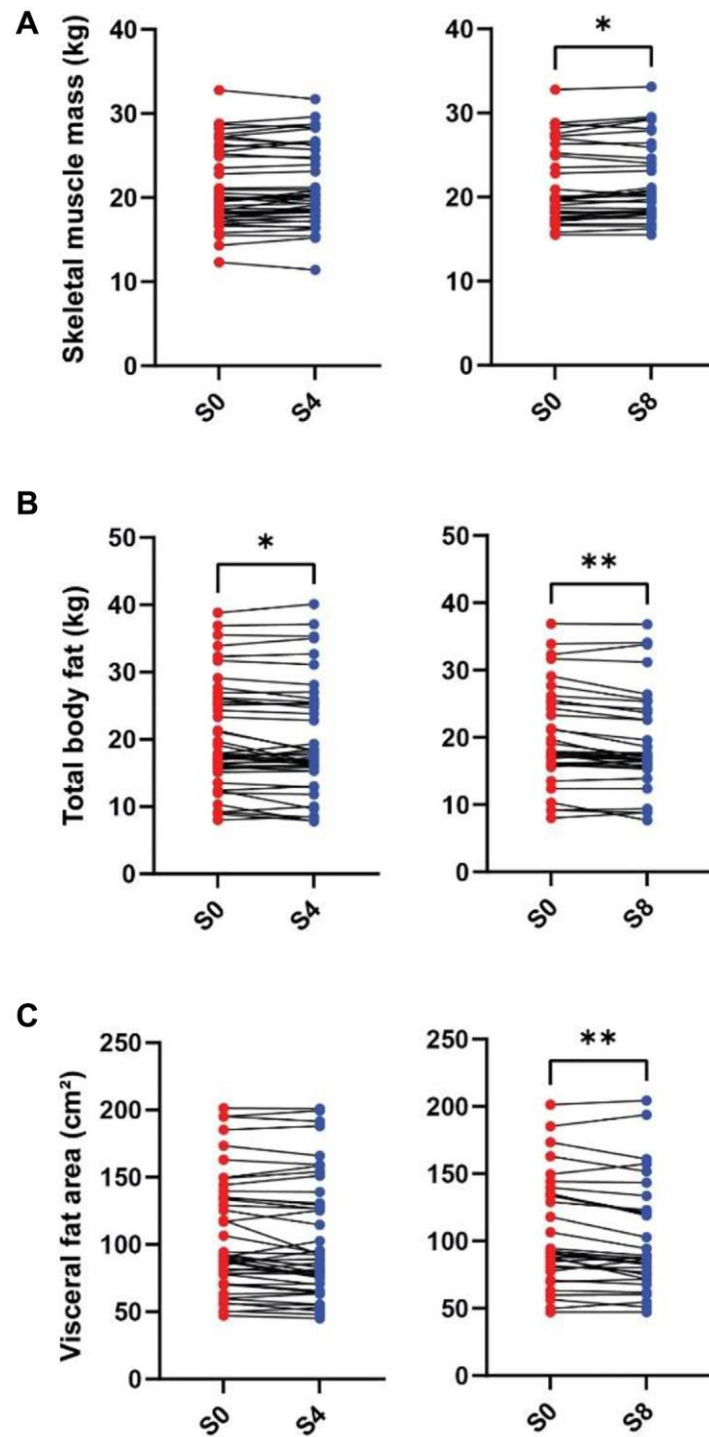
SUPPLEMENTARY FIGURES



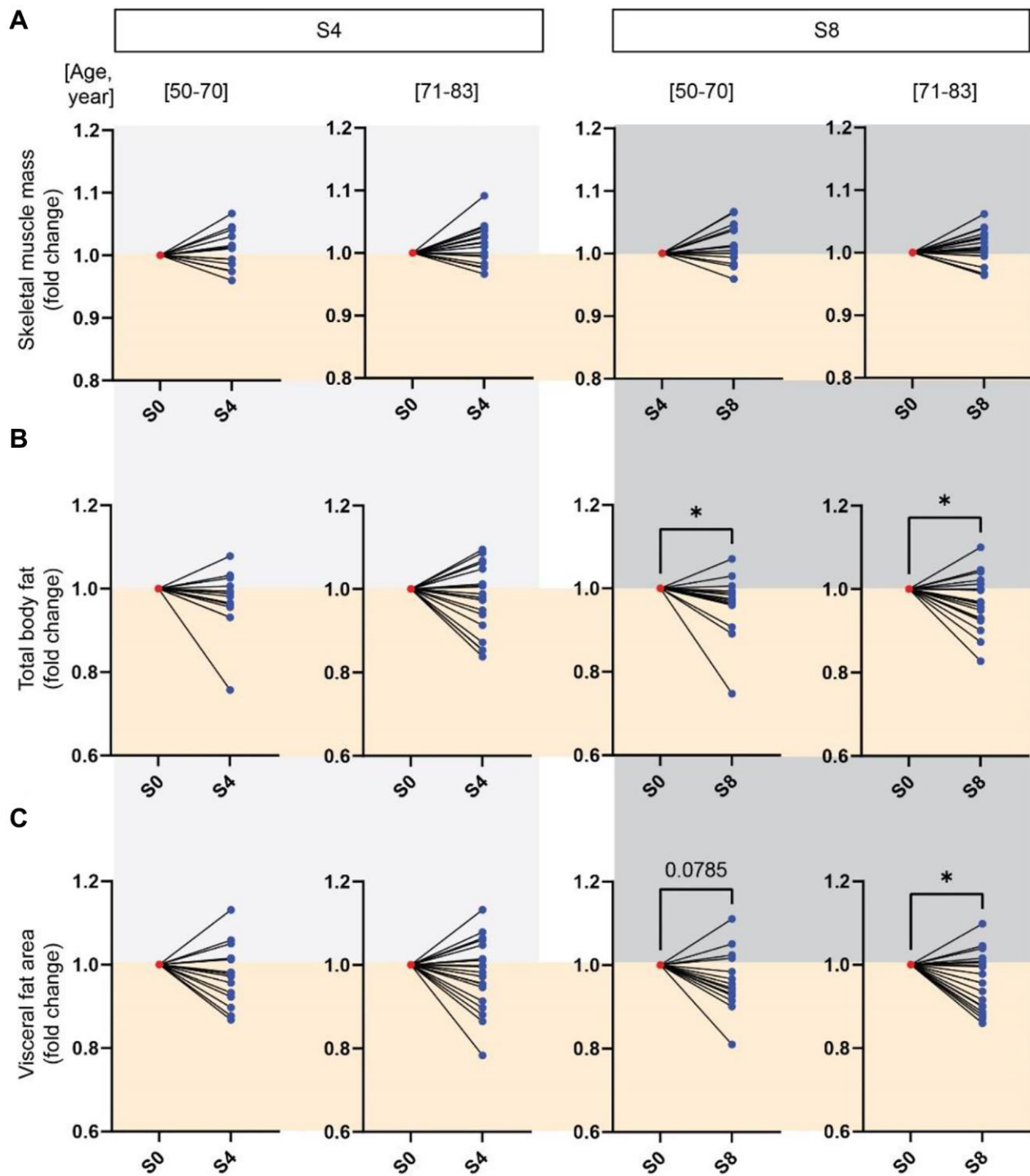
Supplementary Figure 1. Raw data before-after plots for functional assessments. (A) Timed-up and Go (seconds), (B) 5X Sit and Stand (seconds), and (C) 4 m Normal Gait Speed (meter/second). Statistical analysis was carried out using Wilcoxon matched-pairs signed rank test, with $*p < 0.05$, $**p < 0.01$, $***p < 0.001$ and $****p < 0.0001$. The orange shaded regions represent the favorable cutoff areas for each mobility test.



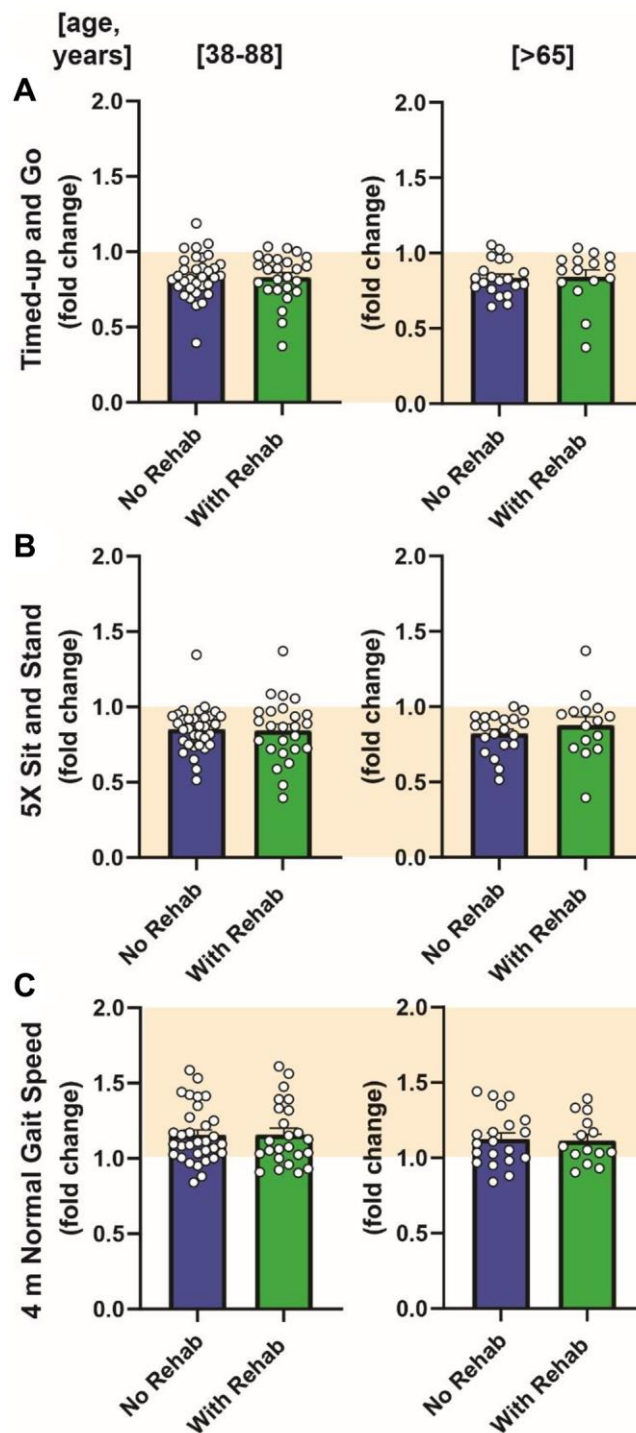
Supplementary Figure 2. Responder histogram of functional mobility tests according to age group for (A) years [35–55], (B) years [56–65], (C) years [65–74] and (D) years [76–91]. Greater number of responders in each category. The number of non-responders is more consistent.



Supplementary Figure 3. Raw data before-after plots for compositional assessments. (A) Skeletal muscle mass (kg), (B) total body fat (kg) and (C) visceral fat area (cm²). Statistical analysis was carried out using Wilcoxon matched-pairs signed rank test, with * $p < 0.05$, and ** $p < 0.01$.



Supplementary Figure 4. Fold change before-after plots for compositional assessments. Data were stratified according to age brackets (50-70 years) and (71-83 years) after 4 (S4) or 8 (S8) magnetic therapy sessions. (A) Skeletal muscle mass, (B) total body fat and (C) visceral fat area. The orange shaded regions represent the favorable fold change improvement for each mobility test. Statistical analysis was carried out using Wilcoxon matched-pairs signed rank test, with $*p < 0.05$.



Supplementary Figure 5. No significant difference in the mean fold change improvement for (A) TUG, (B) 5xSTS and (C) 4mNGS of subjects with and without rehabilitation (Rehab) after 12 weeks of PEMF therapy. The assessment scores were tabulated based on subject's self-declared information on rehabilitation activities outside PEMF therapy or not. Reported rehabilitation activities include physiotherapy, chiropractic treatment, and Traditional Chinese Medicine (TCM) treatment such as cupping and acupuncture, done once a week to once a month for the duration of the 12 weeks. The age bracket (in years) and the number of participants for No Rehab and With Rehab are as follows: [38–88] No Rehab = 33, [38–88] With Rehab = 25, (>65) No Rehab = 20 and (>65) With Rehab = 15.