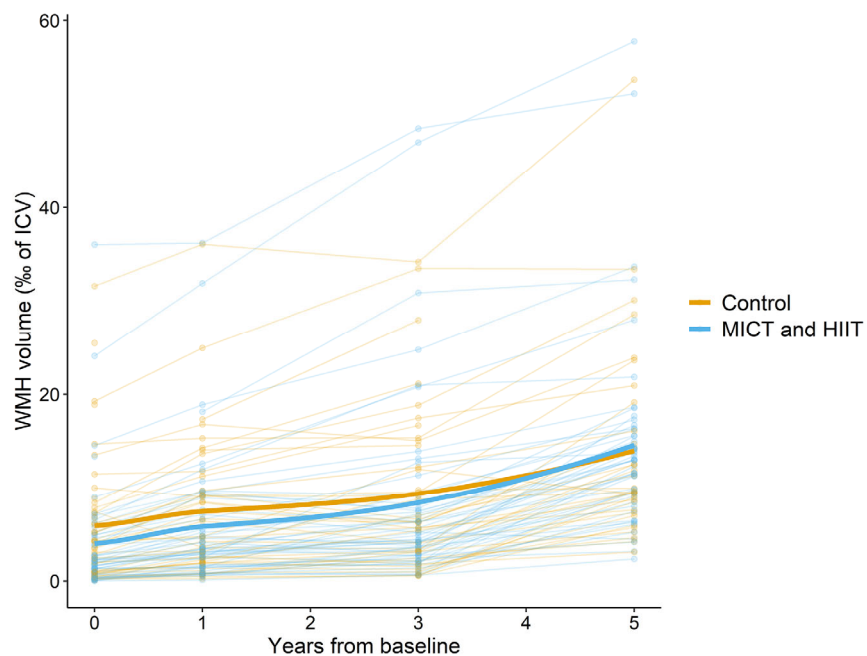


SUPPLEMENTARY FIGURE



Supplementary Figure 1. Illustration of the interaction effect demonstrated in the linear mixed model investigation (Supplementary Table 1). The mean WMH volume in % of ICV at baseline, and after one, three, and five years of the intervention in the Control group (in orange) and the combined supervised exercise group (MICT&HIIT) in blue. Abbreviations: WMH: white matter hyperintensities; ICV: intracranial volume; MICT: moderate-intensity continuous training; HIIT: high-intensity interval training.

