

Table S1. Training load during intervention.

Training load	Tai Chi	Aerobic Exercise
HRmean (bpm)		
week 4	97 ± 9	105 ± 8 *
week 8	98 ± 6	109 ± 8 *
week 12	101 ± 14	107 ± 13

HRmean, mean heart rate during class; *: $p < 0.05$.