

**Supplemental Digital Content 1.** Between-group differences between 6 months and 12 months in the study outcome and mediator variables

	TJQMBB vs Stretching Exercise	P value	Multimodal Exercise vs Stretching Exercise	P value	TJQMBB vs. Multimodal Exercise	P value
SPPB, mean (SD)	1.56 (1.46) vs 1.05 (1.17)	0.005	1.17 (1.23) vs 1.05 (1.17)	0.33	<b>1.56</b> (1.46) vs 1.17 (1.23)	0.06
ABC, mean (SD)	1.56 (11.16) vs - 0.82 (11.61)	<b>0.04</b>	2.02 (11.59) vs -0.82 (11.61)	0.03	1.56 (11.16) vs 2.02 (11.59)	0.75
MoCA, mean (SD)	-0.87 (2.68) vs -0.91 (2.88)	0.51	-0.64 (2.98) vs -0.91 (2.88)	0.47	-0.87 (2.68) vs -0.91 (2.88)	0.16
Falls, mean (SD)	0.65 (1.06) vs 1.26 (2.58)	0.02	0.79 (1.17) vs 1.26 (2.58)	0.02	0.65 (1.06) vs 0.79 (1.17)	0.19

Between-group differences on dual-tasking are presented in Table 1 of the manuscript.