Excluded analysis:
n=
Baduanjin exercise group: n=
Usual physical activity group: n=

Included analysis:

Baduanjin exercise group: n=
Usual physical activity group: n=

Above outcomes assessment after follow-up period

Recruitment
Assessed for eligibility and signed informed consent

No eligible (reason):
Not meeting inclusion criteria: n=
Meeting exclusion criteria: n=
Other reason: n=

Discontinued

Eligible participants: n=170

Enrollment

Basic characteristic information

Randomization allocation

Baduanjin exercise group (n =85)
Usual physical activity group (n =85)

Receive 12 weeks of Baduanjin exercise training and complete activity log

Complete activity log

Drop out (reason):n=
Baduanjin exercise group: n=
Usual physical activity group: n=

Outcomes assessment after intervention: Cerebrovascular function, Cardiopulmonary function, Motor function, Physical parameters, Blood lipid, Fasting plasma glucose (FPG), Inflammation factors, Quality of sleep, Quality of life, Happiness, Emotion and mood, Self-confidence and self-esteem

12 week`s follow-up period

Loss to follow-up period (reason): n=
Baduanjin exercise group: n=
Usual physical activity group: n=

Above outcomes assessment after follow-up period

Included analysis:n=
Baduanjin exercise group: n=
Usual physical activity group: n=

Excluded analysis:n=
Baduanjin exercise group: n=
Usual physical activity group: n=