**Appendix 2.** The members of the J-MINT study group.

**Principal investigator:** Hidenori Arai

**Executive committee:** Hidenori Arai, Takashi Sakurai, Hiroyasu Akatsu, Yoshinori Fujiwara, Fumie Kinoshita, Masafumi Kuzuya, Koichiro Matsuo, Makoto Michikawa, Susumu Ogawa, Taiki Sugimoto, Hiroko Suzuki, Hiroyuki Suzuki, Hajime Takechi, Hiroyuki Umegaki, Satomu Wakayama.

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*Physical exercise:* Hiroyuki Shimada, Sangyoon Lee, Takehiko Doi, Nanae Matsumoto, Takashi Sakurai, Kenji Sato, Taiki Sugimoto, Hiroko Suzuki, Satomu Wakayama.

*Nutritional counseling:* Rei Otsuka, Kaori Kinoshita, Koichiro Matsuo, Takafumi Ando, Ai Kimura, Nanae Matsumoto, Takashi Sakurai, Kenji Sato, Taiki Sugimoto, Hiroko Suzuki, Satomu Wakayama.

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**Sub-cohort leader:**

*National Center for Geriatrics and Gerontology:* Hidenori Arai.

*Nagoya University:* Masafumi Kuzuya.

*Nagoya City University:* Makoto Michikawa.

*Fujita Health University:* Hajime Takechi.

*Tokyo Metropolitan Institute of Gerontology:* Yoshinori Fujiwara.

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**Data management:** Takashi Sakurai, Keisuke Suzuki, Taiki Sugimoto, Hiroko Suzuki.

**Data center:** Akihiro Hirakawa

**Safety committee:** Hidenori Arai, Takashi Sakurai, Hiroyasu Akatsu, Yoshinori Fujiwara, Masafumi Kuzuya, Makoto Michikawa, Hajime Takechi, Hirotyuki Umegaki, Hiroko Suzuki.

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*Nagoya University:* Hiroyuki Umegaki, Yusuke Suzuki.

*Nagoya City University:* Hiroyasu Akatsu, Makoto Michikawa

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*Nagoya University:* Masafumi Kuzuya, Hiroyuki Umegaki, Yusuke Suzuki, Fumie Kinoshita.

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*Fujita Health University:* Hajime Takechi, Hiroshi Yoshino, Koichiro Matsuo.

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*Iryo Sosei University:* Katsuya Dezaki.

*Sompo HD:* Satomu Wakayama.

*Sompo Care:* Hiroko Suzuki.