

Table 1. Aerobic Exercise Program

Week	Stage	THR intensity (heart rate/min)	Intensity per exercise (heart rate/min)
1	Familiarization	40-50	40-45-50-45-40
2	Overload	55-60	50-55-60-55-50
3	Overload	60-65	55-60-65-60-55
4	Overload	65-70	60-65-70-65-60
5	Overload	70-75	65-70-75-70-65
6	Overload	75-80	70-75-80-75-70
7	Maintenance	75-85	75-80-85-80-75
8	Maintenance	75-85	75-80-85-80-75

Table 2. Demographic characteristics of subjects in the control (n = 10) and aerobic exercise (n = 11) groups

Characteristics	Control group	Aerobic exercise group
Age (year)	58.50±3.02	56.63±6.08
Height (cm)	173.60±3.27	172.90±4.48
Weight (kg)	82.40±10.56	80.00±8.19

Table 3. The comparison of scores of the Wechsler Memory Test subscales between two groups in the pre-test and post-test stages

Variables	Pre-test	Post-test	Intragroup p value	Intergroup p value
Personal awareness				
Control group	0.81±4.00	3.80±0.78	0.128	0.011
Aerobic exercise group	3.00±1.00	3.90±0.83	0.012	
Orientation				
Control group	3.00±1.15	3.10±0.73	0.217	0.042
Aerobic exercise group	4.18±0.75	4.36±0.67	0.042	
Subjective control				
Control group	5.10±1.19	5.00±0.81	0.411	0.039
Aerobic exercise group	4.36±1.12	5.18±0.98	0.038	
Logical memory				
Control group	8.30±2.16	8.10±2.02	0.325	0.024
Aerobic exercise group	6.27±1.55	8.72±1.27	0.025	
Repeating digits				
Control group	3.10±0.87	3.80±0.78	0.119	0.001
Aerobic exercise group	2.72±0.90	3.30±0.80	0.001	
Visual memory				
Control group	5.50±1.08	5.60±0.84	0.301	0.001
Aerobic exercise group	4.00±1.09	5.36±0.80	0.001	
Associative learning				
Control group	7.20±2.14	6.90±1.52	0.276	0.042
Aerobic exercise group	5.00±1.18	7.63±1.28	0.042	
Overall memory gain				
Control group	67.00±4.05	67.20±4.39	0.193	0.001
Aerobic exercise group	60.81±3.12	70.00±4.40	0.001	

Table 4. the comparison of scores of attention level changes subscales between two groups in the pre-test and post-test stages

Variables	Pre-test	Post-test	Intragroup p value	Intergroup p value
Consistent				
• Number of Errors				
Control group	2.60±1.10	3.00±1.30	0.062	0.034
Aerobic exercise group	1.90±0.70	1.81±0.60	0.036	
• No response				
Control group	7.10±1.50	7.30±1.80	0.131	0.041
Aerobic exercise group	7.00±1.40	6.30±0.80	0.040	
• The correct number				
Control group	38.30±1.15	38.10±1.20	0.183	0.008
Aerobic exercise group	39.00±1.30	39.80±1.20	0.008	
• Response time				
Control group	1207.70±63.80	1287.80±94.80	0.214	0.001
Aerobic exercise group	1240.00±11.20	1036.00±59.00	0.001	
Inconsistent				
• Number of Errors				
Control group	8.60±1.40	8.80±1.20	0.192	0.008
Aerobic exercise group	10.09±2.70	8.60±1.70	0.009	
• No response				
Control group	18.00±3.50	18.30±3.10	0.167	0.014
Aerobic exercise group	17.72±3.10	13.40±3.30	0.014	
• The correct number				
Control group	21.40±3.50	20.90±3.50	0.176	0.001
Aerobic exercise group	21.09±3.41	25.90±3.56	0.001	
• Response time				
Control group	1466.10±75.60	1447.70±82.04	0.189	0.015
Aerobic exercise group	1457.00±82.20	1223.40±133.10	0.018	
Intervention score				
Control group	17.00±3.19	17.20±3.35	0.135	0.001
Aerobic exercise group	18.00±3.10	13.90±2.80	0.001	
Intervention time				
Control group	158.40±79.20	159.90±129.40	0.036	0.001
Aerobic exercise group	216.80±126.40	198.70±123.00	0.001	