

Extended Data 1. Characteristics of participants in the aerobic training and resistance training groups

	All (<i>n</i> = 56)	AT (<i>n</i> = 26)	RT (<i>n</i> = 30)	<i>p</i> value
Age, y	48.5 ± 5.2	49.5 ± 5.1	47.7 ± 5.1	0.19
Regular menstruation: Yes, <i>n</i> (%)	27 (48)	10 (38)	17 (57)	0.17 ^a
Skin aging parameters				
Skin elasticity, Ur/Uf	0.32 ± 0.05	0.32 ± 0.05	0.32 ± 0.05	0.60
Dermal thickness, mm	1.74 ± 0.16	1.71 ± 0.19	1.77 ± 0.14	0.18
Upper dermal LEP, %	27.0 ± 13.9	27.9 ± 15.4	26.3 ± 12.7	0.69
Body composition				
Height, m	1.61 ± 0.05	1.60 ± 0.06	1.61 ± 0.05	0.77
Body weight, kg	54.4 ± 6.1	54.2 ± 6.5	54.6 ± 5.8	0.84
BMI, kg/m ²	21.1 ± 1.6	21.0 ± 1.7	21.1 ± 1.5	0.94
AppLTM, kg	15.4 ± 1.8	15.4 ± 2.0	15.4 ± 1.7	0.87
TotalLTM, kg	36.5 ± 3.7	36.7 ± 4.1	36.4 ± 3.4	0.8
Body fat, kg	15.6 ± 4.1	15.2 ± 3.9	15.9 ± 4.4	0.57
BMC, kg	2.28 ± 0.30	2.25 ± 0.32	1.31 ± 0.28	0.47
Physical capacity				
VO _{2peak} , mL/kg/min	28.0 ± 4.8	27.1 ± 0.9	28.7 ± 0.9	0.20
1-RM, kg				
Chest press	11.5 ± 3.3	11.2 ± 3.2	11.8 ± 3.3	0.19
Shoulder press	15.7 ± 3.7	14.9 ± 3.8	16.3 ± 3.6	0.49
Arm curl	15.2 ± 3.4	15.0 ± 3.9	15.4 ± 3	0.30
Rowing	22.1 ± 4.0	21.7 ± 4.9	22.5 ± 3.1	0.30
Leg curl	43.4 ± 8.9	42.0 ± 10.1	44.6 ± 7.8	0.44
Leg extension	68.2 ± 17.8	65.5 ± 18.9	70.5 ± 16.7	0.15

Values show the means ± standard deviations (SDs). Statistical analyses were performed with two-sided independent *t* tests and ^achi-squared test to compare the aerobic training and resistance training groups.

AppLTM, appendicular lean soft tissue mass; AT, aerobic training; BMC, bone mineral content; BMI, body mass index; LEP, low echogenic pixels; RT, resistance training; TotalLTM, total lean soft tissue mass; VO_{2peak}, peak oxygen uptake; 1-RM, one-repetition maximum