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Supplementary file 1. Search strategy for ProQuest, PubMed, Scopus, Embase and Web of Science
databases

Search strategy used for PubMed

Search (((normal[Title] OR healthy[Title]) AND Randomized Controlled Trial[ptyp] AND ("2000/01/01"[Pdat] : "3000/12/31"[Pdat]))) AND (((((((("Executive Function"[Mesh] OR "Attention"[Mesh] OR "Cognition"[Mesh] OR "Memory"[Mesh]))) OR (((((((((((((executive[Title] OR executive[Title/Abstract]) OR attention[Title] OR attention[Title/Abstract]) OR cogniti*[Title] OR cogniti*[Title/Abstract]) OR memory[Title] OR memory[Title/Abstract]) OR shifting[Title] OR shifting[Title/Abstract]) OR set*shifting[Title] OR set*shifting[Title/Abstract]) OR balanc*[Title] OR balanc*[Title/Abstract]) OR task-switching[Title] OR task-switching[Title/Abstract]))) AND (((((((((((((((((((task*[Title] OR task*[Title/Abstract]) OR Activity[Title] OR Activity[Title/Abstract]) OR Movement[Title] OR Movement[Title/Abstract]) OR Aerobic[Title] OR Aerobic[Title/Abstract]) OR Exercise*[Title] OR Exercise*[Title/Abstract]) OR Walking[Title] OR Walking[Title/Abstract]) OR yoga[Title] OR yoga[Title/Abstract]) OR Pilates[Title] OR Pilates[Title/Abstract]) OR tai chi chuan[Title] OR tai chi chuan[Title/Abstract]) OR Cogniti*[Title/Abstract]) OR Cogniti*[Title] OR memory[Title] OR memory[Title/Abstract]))) OR (((((((("Motor Activity"[Mesh] OR "Movement"[Mesh] OR "Exercise"[Mesh] OR "Walking"[Mesh] OR "Yoga"[Mesh] OR "Exercise Movement Techniques"[Mesh] OR "Exercise Therapy"[Mesh] OR "Tai Ji"[Mesh] OR "Cognition"[Mesh] OR "Memory"[Mesh]))) AND (((((Aging[Title] OR Ageing[Title] OR Aged[Title] OR old*[Title] OR elder*[Title] OR "Aged"[Mesh]))) AND Randomized Controlled Trial[ptyp] AND ("2000/01/01"[Pdat] : "3000/12/31"[Pdat])) Sort by: Best Match Filters: Clinical Trial; Publication date from 2000/01/01

Search strategy used for ProQuest

(ti(ageing OR aging OR aged OR old* OR elder*) AND ti(Healthy OR Normal) AND stype.exact("Dissertations & Theses") AND at.exact("Dissertation/Thesis")) AND (((ti(task* OR Activity OR Movement OR Aerobic OR Exercise* OR Walking OR yoga OR Pilates OR "tai chi chuan" OR Cogniti* OR memory) OR ab(task* OR Activity OR Movement OR Aerobic OR Exercise* OR Walking OR yoga OR Pilates OR "tai chi chuan" OR Cogniti* OR memory)) AND stype.exact("Dissertations & Theses") AND at.exact("Dissertation/Thesis")) AND ((ti(executive OR attention OR cogniti* OR memory OR shifting OR set*shifting OR task*switching OR balanc*) OR ab(executive OR attention OR cogniti* OR memory OR shifting OR set*shifting OR task*switching OR balanc*)) AND stype.exact("Dissertations & Theses") AND at.exact("Dissertation/Thesis")) AND (((ab(clinical trial) OR ti(clinical trial)) AND stype.exact("Dissertations & Theses")) AND at.exact("Dissertation/Thesis"))

Search strategy used for Scopus

TITLE(ageing OR aging OR aged OR old* OR elder*) AND TITLE(Healthy OR Normal) AND TITLE-ABS(task* OR Activity OR Movement OR Aerobic OR Exercise* OR Walking OR yoga OR Pilates OR "tai chi chuan" OR Cogniti* OR memory) AND TITLE-ABS(executive OR attention OR cogniti* OR memory OR shifting OR set*shifting OR task*switching OR balanc*)

Search strategy used for Web of Science

#6

#5 AND #4

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

#5

TOPIC: (clinical trial*)

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

#4

#2 AND #1

Refined by: **PUBLICATION YEARS:** (2020 OR 2007 OR 2019 OR 2006 OR 2018 OR 2005 OR 2017 OR 2004 OR 2016 OR 2003 OR 2015 OR 2002 OR 2014 OR 2001 OR 2013 OR 2000 OR 2012 OR 2011 OR 2010 OR 2009 OR 2008)

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

#3

#2 AND #1

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

#2

TOPIC: (task* OR Activity OR Movement OR Aerobic OR Exercise* OR Walking OR yoga OR Pilates OR "tai chi chuan" OR Cogniti* OR memory) **AND TOPIC:** (executive OR attention OR cogniti* OR memory OR shifting OR set*shifting OR task*switching OR balanc*)

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

#1

TITLE:

(ageing OR aging OR aged OR old* OR elder*) **AND TITLE:** (Healthy OR Normal)

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years

Search strategy used for Embase

**Embase
Session Results**

No.	Query Results	Results	Date
#55.	#52 AND (2000:py OR 2001:py OR 2002:py OR 2003:py OR 2004:py OR 2005:py OR 2006:py OR 2007:py OR 2008:py OR 2009:py OR 2010:py OR 2011:py OR 2012:py OR 2013:py OR 2014:py OR 2015:py OR 2016:py OR 2017:py OR 2018:py OR 2019:py OR 2020:py) AND 'clinical trial'/de AND ('Article'/it OR 'Article in Press'/it)	459	10 Feb 2020
#54.	#52 AND (2000:py OR 2001:py OR 2002:py OR 2003:py OR 2004:py OR 2005:py OR 2006:py OR 2007:py OR 2008:py OR 2009:py OR 2010:py OR 2011:py OR 2012:py OR 2013:py OR 2014:py OR 2015:py OR 2016:py OR 2017:py OR 2018:py OR 2019:py OR 2020:py) AND ('clinical trial'/de OR 'human'/de OR 'normal human'/de) AND ('Article'/it OR 'Article in Press'/it)	14,072	10 Feb 2020
#53.	#52 AND (2000:py OR 2001:py OR 2002:py OR 2003:py OR 2004:py OR 2005:py OR 2006:py OR 2007:py OR 2008:py OR 2009:py OR 2010:py OR 2011:py OR 2012:py OR 2013:py OR 2014:py OR 2015:py OR 2016:py OR 2017:py OR 2018:py OR 2019:py OR 2020:py)	17,789	10 Feb 2020
#52.	#36 AND #51	22,328	10 Feb 2020
#51.	#37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50	3,236,703	10 Feb 2020
#50.	balanc*:ab,ti	372,290	10 Feb 2020
#49.	task*switching:ab,ti	15	10 Feb 2020
#48.	'task switching'/exp	81	10 Feb 2020
#47.	set*shifting:ab,ti	36	10 Feb 2020
#46.	'set shifting task'/exp	13	10 Feb 2020
#45.	shifting:ab,ti	39,462	10 Feb 2020
#44.	'memory':ab,ti	309,876	10 Feb 2020
#43.	'memory'/exp	292,253	10 Feb 2020
#42.	cogniti*:ti,ab	524,927	10 Feb 2020
#41.	'cognition'/exp	2,247,149	10 Feb 2020
#40.	attention:ab,ti	498,891	10 Feb 2020
#39.	'attention'/exp	234,105	10 Feb 2020
#38.	executive:ab,ti	62,302	10 Feb 2020
#37.	'executive function'/exp	37,975	10 Feb 2020
#36.	#14 AND #35	36,549	10 Feb 2020
#35.	#15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR	6,357,393	10 Feb 2020

#22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR
#29 OR #30 OR #31 OR #32 OR #33 OR #34

#34. 'memory':ab,ti	309,876	10 Feb 2020
#33. 'memory'/exp	292,253	10 Feb 2020
#32. cogniti*:ab,ti	524,927	10 Feb 2020
#31. 'cognition'/exp	2,247,149	10 Feb 2020
#30. 'tai chi chuan':ab,ti	215	10 Feb 2020
#29. 'tai chi'/exp	2,827	10 Feb 2020
#28. pilates:ab,ti	723	10 Feb 2020
#27. 'pilates'/exp	632	10 Feb 2020
#26. yoga:ti,ab	6,485	10 Feb 2020
#25. 'yoga'/exp	7,402	10 Feb 2020
#24. walking:ti,ab	95,513	10 Feb 2020
#23. 'walking'/exp	113,988	10 Feb 2020
#22. exercise*:ti,ab	381,129	10 Feb 2020
#21. 'exercise'/exp	340,539	10 Feb 2020
#20. aerobic:ti,ab	99,291	10 Feb 2020
#19. 'aerobic exercise'/exp	15,251	10 Feb 2020
#18. movement:ti,ab	282,134	10 Feb 2020
#17. task*:ti,ab	433,997	10 Feb 2020
#16. activity:ti,ab	3,238,909	10 Feb 2020
#15. 'task performance'/exp	141,891	10 Feb 2020
#14. #9 AND #13	99,273	10 Feb 2020
#13. #10 OR #11 OR #12	1,017,036	10 Feb 2020
#12. healthy:ti	133,206	10 Feb 2020
#11. normal:ti	211,829	10 Feb 2020
#10. 'normal human'/exp	744,790	10 Feb 2020
#9. #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8	3,403,824	10 Feb 2020
#8. elder*:ti	159,270	10 Feb 2020
#7. old*:ti	249,321	10 Feb 2020
#6. 'aged':ti	71,623	10 Feb 2020
#5. ageing:ti	15,775	10 Feb 2020
#4. aging:ti	72,310	10 Feb 2020
#3. 'ageing'/exp	270,539	10 Feb 2020
#2. 'aging'/exp	270,539	10 Feb 2020
#1. 'aged'/exp	3,031,146	10 Feb 2020

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