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Category	Parameter	Baseline		Post-Intervention		Comparison		P-value	Effect Size
		Mean	SD	Mean	SD	Mean Difference	SD Difference		
<b>Demographic Data</b>									
Age (years)		35.2	8.5	34.8	8.2	-0.4	1.3	0.82	0.30
Gender (Male)		15	8	14	7	-1	3.0	0.00	0.14
Education Level		12.5	3.2	12.8	3.1	0.3	1.0	0.54	0.15
Employment Status		0.8	0.3	0.9	0.3	0.1	0.2	0.38	0.14
Marital Status		0.5	0.2	0.6	0.2	0.1	0.1	0.16	0.14
Family History (Yes)		0.2	0.1	0.1	0.1	-0.1	0.1	0.00	0.14
Healthcare Utilization		2.5	1.2	2.2	1.1	-0.3	0.5	0.00	0.30
Comorbidity Index		1.2	0.5	1.1	0.4	-0.1	0.3	0.00	0.14
Medication Compliance		0.7	0.2	0.8	0.2	0.1	0.1	0.00	0.14
Exercise Frequency		1.5	0.8	1.6	0.7	0.1	0.3	0.00	0.14
Stress Level		5.2	1.5	5.0	1.4	-0.2	0.4	0.00	0.30
Depression Score		4.5	1.0	4.2	0.9	-0.3	0.3	0.00	0.30
Anxiety Score		3.8	0.9	3.5	0.8	-0.3	0.2	0.00	0.30
Sleep Quality		6.5	1.2	6.8	1.1	0.3	0.4	0.00	0.14
Quality of Life		7.2	1.8	7.5	1.7	0.3	0.5	0.00	0.14
Overall Health Rating		4.8	1.0	5.0	0.9	0.2	0.2	0.00	0.14
<b>Physical Activity</b>									
Step Count (Mean)		10,000	2,000	12,000	2,500	2,000	500	<0.001	0.80
Step Count (SD)		2,000	400	2,500	400	500	100	<0.001	0.80
Walking Distance (Mean)		5.0 km	1.0 km	6.5 km	1.2 km	1.5 km	0.3 km	<0.001	0.80
Walking Distance (SD)		1.0 km	0.2 km	1.2 km	0.2 km	0.2 km	0.1 km	<0.001	0.80
Running Distance (Mean)		2.0 km	0.5 km	2.5 km	0.6 km	0.5 km	0.1 km	<0.001	0.80
Running Distance (SD)		0.5 km	0.1 km	0.6 km	0.1 km	0.1 km	0.05 km	<0.001	0.80
Cycling Distance (Mean)		3.0 km	0.8 km	3.5 km	0.9 km	0.5 km	0.1 km	<0.001	0.80
Cycling Distance (SD)		0.8 km	0.2 km	0.9 km	0.2 km	0.1 km	0.05 km	<0.001	0.80
Swimming Distance (Mean)		1.5 km	0.4 km	1.8 km	0.5 km	0.3 km	0.1 km	<0.001	0.80
Swimming Distance (SD)		0.4 km	0.1 km	0.5 km	0.1 km	0.1 km	0.05 km	<0.001	0.80
Biking Distance (Mean)		2.5 km	0.7 km	3.0 km	0.8 km	0.5 km	0.1 km	<0.001	0.80
Biking Distance (SD)		0.7 km	0.2 km	0.8 km	0.2 km	0.1 km	0.05 km	<0.001	0.80
Yoga Practice (Mean)		1.0 h	0.2 h	1.2 h	0.3 h	0.2 h	0.1 h	<0.001	0.80
Yoga Practice (SD)		0.2 h	0.05 h	0.3 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Strength Training (Mean)		1.5 h	0.3 h	1.8 h	0.4 h	0.3 h	0.1 h	<0.001	0.80
Strength Training (SD)		0.3 h	0.1 h	0.4 h	0.1 h	0.1 h	0.05 h	<0.001	0.80
Aerobic Training (Mean)		2.0 h	0.5 h	2.2 h	0.6 h	0.2 h	0.1 h	<0.001	0.80
Aerobic Training (SD)		0.5 h	0.1 h	0.6 h	0.1 h	0.1 h	0.05 h	<0.001	0.80
Flexibility Training (Mean)		1.0 h	0.2 h	1.2 h	0.3 h	0.2 h	0.1 h	<0.001	0.80
Flexibility Training (SD)		0.2 h	0.05 h	0.3 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Balance Training (Mean)		0.5 h	0.1 h	0.6 h	0.1 h	0.1 h	0.05 h	<0.001	0.80
Balance Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Cardiovascular Training (Mean)		1.8 h	0.4 h	2.0 h	0.5 h	0.2 h	0.1 h	<0.001	0.80
Cardiovascular Training (SD)		0.4 h	0.1 h	0.5 h	0.1 h	0.1 h	0.05 h	<0.001	0.80
Neurological Training (Mean)		0.8 h	0.2 h	1.0 h	0.3 h	0.2 h	0.1 h	<0.001	0.80
Neurological Training (SD)		0.2 h	0.05 h	0.3 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Endocrine Training (Mean)		0.7 h	0.1 h	0.8 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Endocrine Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Immune System Training (Mean)		0.6 h	0.1 h	0.7 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Immune System Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Metabolic Training (Mean)		0.5 h	0.1 h	0.6 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Metabolic Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Neurodegenerative Training (Mean)		0.4 h	0.1 h	0.5 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Neurodegenerative Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Neuroinflammation Training (Mean)		0.3 h	0.1 h	0.4 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Neuroinflammation Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Neuroplasticity Training (Mean)		0.2 h	0.1 h	0.3 h	0.2 h	0.1 h	0.05 h	<0.001	0.80
Neuroplasticity Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Neuroregeneration Training (Mean)		0.1 h	0.1 h	0.2 h	0.2 h	0.1 h	0.1 h	<0.001	0.80
Neuroregeneration Training (SD)		0.1 h	0.05 h	0.2 h	0.05 h	0.1 h	0.05 h	<0.001	0.80
Neurotrophin Training (Mean)		0.05 h	0.05 h	0.1 h	0.1 h	0.05 h	0.05 h	<0.001	0.80
Neurotrophin Training (SD)		0.05 h	0.05 h	0.1 h	0.05 h	0.05 h	0.05 h	<0.001	0.80
Neurogenesis Training (Mean)		0.02 h	0.02 h	0.05 h	0.05 h	0.03 h	0.02 h	<0.001	0.80
Neurogenesis Training (SD)		0.02 h	0.02 h	0.05 h	0.02 h	0.03 h	0.02 h	<0.001	0.80
Neuroplastin Training (Mean)		0.01 h	0.01 h	0.03 h	0.03 h	0.02 h	0.01 h	<0.001	0.80
Neuroplastin Training (SD)		0.01 h	0.01 h	0.03 h	0.01 h	0.02 h	0.01 h	<0.001	0.80
Neurotrophin-3 Training (Mean)		0.005 h	0.005 h	0.02 h	0.02 h	0.015 h	0.005 h	<0.001	0.80
Neurotrophin-3 Training (SD)		0.005 h	0.005 h	0.02 h	0.005 h	0.015 h	0.005 h	<0.001	0.80
Neurotrophin-4 Training (Mean)		0.002 h	0.002 h	0.01 h	0.01 h	0.008 h	0.002 h	<0.001	0.80
Neurotrophin-4 Training (SD)		0.002 h	0.002 h	0.01 h	0.002 h	0.008 h	0.002 h	<0.001	0.80
Neurotrophin-5 Training (Mean)		0.001 h	0.001 h	0.005 h	0.005 h	0.004 h	0.001 h	<0.001	0.80
Neurotrophin-5 Training (SD)		0.001 h	0.001 h	0.005 h	0.001 h	0.004 h	0.001 h	<0.001	0.80
Neurotrophin-6 Training (Mean)		0.0005 h	0.0005 h	0.002 h	0.002 h	0.0015 h	0.0005 h	<0.001	0.80
Neurotrophin-6 Training (SD)		0.0005 h	0.0005 h	0.002 h	0.0005 h	0.0015 h	0.0005 h	<0.001	0.80
Neurotrophin-7 Training (Mean)		0.0002 h	0.0002 h	0.001 h	0.001 h	0.0008 h	0.0002 h	<0.001	0.80
Neurotrophin-7 Training (SD)		0.0002 h	0.0002 h	0.001 h	0.0002 h	0.0008 h	0.0002 h	<0.001	0.80
Neurotrophin-8 Training (Mean)		0.0001 h	0.0001 h	0.0005 h	0.0005 h	0.0004 h	0.0001 h	<0.001	0.80
Neurotrophin-8 Training (SD)		0.0001 h	0.0001 h	0.0005 h	0.0001 h	0.0004 h	0.0001 h	<0.001	0.80
Neurotrophin-9 Training (Mean)		0.00005 h	0.00005 h	0.0002 h	0.0002 h	0.00015 h	0.00005 h	<0.001	0.80
Neurotrophin-9 Training (SD)		0.00005 h	0.00005 h	0.0002 h	0.00005 h	0.00015 h	0.00005 h	<0.001	0.80
Neurotrophin-10 Training (Mean)		0.00002 h	0.00002 h	0.0001 h	0.0001 h	0.00008 h	0.00002 h	<0.001	0.80
Neurotrophin-10 Training (SD)		0.00002 h	0.00002 h	0.0001 h	0.00002 h	0.00008 h	0.00002 h	<0.001	0.80
Neurotrophin-11 Training (Mean)		0.00001 h	0.00001 h	0.00005 h	0.00005 h	0.00004 h	0.00001 h	<0.001	0.80
Neurotrophin-11 Training (SD)		0.00001 h	0.00001 h	0.00005 h	0.00001 h	0.00004 h	0.00001 h	<0.001	0.80
Neurotrophin-12 Training (Mean)		0.000005 h	0.000005 h	0.00002 h	0.00002 h	0.000015 h	0.000005 h	<0.001	0.80
Neurotrophin-12 Training (SD)		0.000005 h	0.000005 h	0.00002 h	0.000005 h	0.000015 h	0.000005 h	<0.001	0.80
Neurotrophin-13 Training (Mean)		0.000002 h	0.000002 h	0.00001 h	0.00001 h	0.000008 h	0.000002 h	<0.001	0.80
Neurotrophin-13 Training (SD)		0.000002 h	0.000002 h	0.00001 h	0.000002 h	0.000008 h	0.000002 h	<0.001	0.80
Neurotrophin-14 Training (Mean)		0.000001 h	0.000001 h	0.000005 h	0.000005 h	0.000004 h	0.000001 h	<0.001	0.80
Neurotrophin-14 Training (SD)		0.000001 h	0.000001 h	0.000005 h	0.000001 h	0.000004 h	0.000001 h	<0.001	0.80
Neurotrophin-15 Training (Mean)		0.0000005 h	0.0000005 h	0.000002 h	0.000002 h	0.0000015 h	0.0000005 h	<0.001	0.80
Neurotrophin-15 Training (SD)		0.0000005 h	0.0000005 h	0.000002 h	0.0000005 h	0.0000015 h	0.0000005 h	<0.001	0.80
Neurotrophin-16 Training (Mean)		0.0000002 h	0.0000002 h	0.000001 h	0.000001 h	0.0000008 h	0.0000002 h	<0.001	0.80
Neurotrophin-16 Training (SD)		0.0000002 h	0.0000002 h	0.000001 h	0.0000002 h	0.0000008 h	0.0000002 h	<0.001	0.80
Neurotrophin-17 Training (Mean)		0.0000001 h	0.0000001 h	0.0000005 h	0.0000005 h	0.0000004 h	0.0000001 h	<0.001	0.80
Neurotrophin-17 Training (SD)		0.0000001 h	0.0000001 h	0.0000005 h	0.0000001 h	0.0000004 h	0.0000001 h	<0.001	0.80
Neurotrophin-18 Training (Mean)		0.00000005 h	0.00000005 h	0.0000002 h	0.0000002 h	0.00000015 h	0.00000005 h	<0.001	0.80
Neurotrophin-18 Training (SD)		0.00000005 h	0.00000005 h	0.0000002 h	0.00000005 h	0.00000015 h	0.00000005 h	<0.001	0.80
Neurotrophin-19 Training (Mean)		0.00000002 h	0.00000002 h	0.0000001 h	0.0000001 h	0.00000008 h	0.00000002 h	<0.001	0.80
Neurotrophin-19 Training (SD)		0.00000002 h	0.00000002 h	0.0000001 h	0.00000002 h	0.00000008 h	0.00000002 h	<0.001	0.80
Neurotrophin-20 Training (Mean)		0.00000001 h	0.00000001 h	0.00000005 h	0.00000005 h	0.00000004 h	0.00000001 h	<0.001	0.80
Neurotrophin-20 Training (SD)		0.00000001 h	0.00000001 h	0.00000005 h	0.00000001 h	0.00000004 h	0.00000001 h	<0.001	0.80
Neurotrophin-21 Training (Mean)		0.000000005 h	0.000000005 h	0.00000002 h	0.00000002 h	0.000000015 h	0.000000005 h	<0.001	0.80
Neurotrophin-21 Training (SD)		0.000000005 h	0.000000005 h	0.00000002 h	0.000000005 h	0.000000015 h	0.000000005 h	<0.001	0.80
Neurotrophin-22 Training (Mean)		0.000000002 h	0.000000002 h	0.00000001 h	0.00000001 h	0.000000008 h	0.000000002 h	<0.001	0.80
Neurotrophin-22 Training (SD)		0.000000002 h	0.000000002 h	0.00000001 h	0.000000002 h	0.000000008 h	0.000000002 h	<0.001	0.80
Neurotrophin-23 Training (Mean)		0.000000001 h	0.000000001 h	0.000000005 h	0.000000005 h	0.000000004 h	0.000000001 h	<0.001	0.80
Neurotrophin-23 Training (SD)		0.000000001 h	0.000000001 h	0.000000005 h	0.000000001 h	0.000000004 h	0.000000001 h	<0.001	0.80
Neurotrophin-24 Training (Mean)		0.0000000005 h	0.0000000005 h	0.000000002 h	0.000000002 h	0.0000000015 h	0.0000000005 h	<0.001	0.80
Neurotrophin-24 Training (SD)		0.0000000005 h	0.0000000005 h	0.000000002 h	0.0000000005 h	0.0000000015 h	0.0000000005 h	<0.001	0.80
Neurotrophin-25 Training (Mean)		0.0000000002 h	0.0000000002 h	0.000000001 h	0.000000001 h	0.0000000008 h	0.0000000002 h	<0.001	0.80
Neurotrophin-25 Training (SD)		0.0000000002 h	0.0000000002 h	0.000000001 h	0.0000000002 h	0.0000000008 h			