

Male	44.6	6.3	286	42.2	6.2	295	38.0	5.9	296	32.5	6.0	245	28.8	6.7	46	39.2	7.8	1168
Female	27.6	4.7	291	25.0	4.9	278	23.2	4.1	269	20.7	3.9	281	18.9	3.9	53	23.9	5.2	1172
Total	36.0	10.2	577	33.9	10.3	573	31.0	9.0	565	26.2	7.7	526	23.5	7.3	99	31.5	10.1	2340

Left grip strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	42.6	6.2	285	40.8	6.2	294	36.5	6.1	298	31.5	6.1	245	28.1	5.8	45	37.7	7.6	1167
Female	26.2	4.4	292	23.8	4.5	277	22.2	3.7	269	19.3	3.7	281	17.3	4.0	53	22.7	4.9	1172
Total	34.3	9.8	577	32.6	10.1	571	29.7	8.8	567	25.0	7.9	526	22.3	7.3	98	30.2	9.9	2339

Foot balance with eye closed (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	36.4	40.5	286	23.7	29.1	295	10.1	11.6	298	4.6	4.6	243	3.2	2.2	44	18.6	28.4	1166
Female	32.2	37.3	289	19.6	23.6	278	7.4	8.0	271	4.1	3.4	270	3.6	1.9	44	15.7	25.0	1152
Total	34.3	39.0	575	21.7	26.6	573	8.8	10.2	569	4.3	4.0	513	3.4	2.1	88	17.1	26.8	2318

Foot balance with eye opened (sec) 65 years and older

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	.	.	0	.	.	0	118.0	60.6	147	60.9	59.8	243	29.1	44.2	44	77.0	66.2	434
Female	.	.	0	.	.	0	86.6	65.6	133	43.8	49.4	272	25.6	28.5	46	54.6	57.2	451
Total	.	.	0	.	.	0	103.1	64.9	280	51.9	55.2	515	27.3	36.9	90	65.6	62.8	885

Reaction time (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.397	0.05	286	0.425	0.07	294	0.451	0.08	297	0.502	0.10	239	0.626	0.21	42	0.448	0.10	1158
Female	0.443	0.06	290	0.453	0.07	277	0.465	0.07	269	0.547	0.12	262	0.599	0.20	42	0.480	0.10	1140
Total	0.420	0.06	576	0.439	0.07	571	0.458	0.08	566	0.526	0.12	501	0.613	0.21	84	0.464	0.10	2298

Leg extension power (W)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	621.2	165.1	276	571.9	135.6	285	469.0	119.9	283	364.8	117.4	219	255.3	100.4	37	505.9	171.0	1100
Female	327.4	111.3	276	316.6	93.3	259	285.3	86.0	238	211.1	72.5	216	182.5	69.8	33	285.6	103.6	1022
Total	474.3	203.5	552	450.3	173.3	544	385.1	139.8	521	288.5	124.3	435	221.0	94.1	70	399.8	180.1	2122

Sit up (reps/30sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17	3.6	283	14	4.1	282	11	4.0	282	8	4.3	213	6	3.1	33	13	5.2	1093
Female	13	4.2	274	9	4.8	249	6	4.9	234	3	3.9	205	4	4.5	34	8	5.7	996
Total	15	4.5	557	12	5.3	531	9	5.3	516	6	4.8	418	5	3.9	67	11	6.0	2089

Right leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	45.9	9.5	266	42.8	8.4	282	37.2	8.6	281	31.0	7.7	218	25.4	5.0	36	39.2	10.4	1083
Female	28.2	6.5	268	26.5	6.3	261	24.4	6.3	236	21.1	5.5	211	17.5	4.5	33	25.0	6.8	1009
Total	37.0	12.0	534	35.0	11.1	543	31.4	10.0	517	26.1	8.3	429	21.6	6.2	69	32.4	11.3	2092

Left leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.9	9.2	266	41.8	8.7	283	36.2	8.3	282	30.4	8.0	217	24.1	4.8	36	38.2	10.3	1084
Female	27.8	6.7	267	25.9	6.5	261	24.3	6.0	235	20.2	5.4	210	17.2	4.5	33	24.6	6.8	1006
Total	36.3	11.7	533	34.2	11.1	544	30.8	9.5	517	25.4	8.5	427	20.8	5.8	69	31.7	11.2	2090

Maximum step length (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	126.6	12.3	286	121.4	12.0	295	113.1	11.5	297	102.0	13.1	244	93.4	12.5	46	115.4	15.7	1168
Female	109.5	11.4	290	105.3	10.5	279	98.7	10.3	270	86.4	10.6	269	76.0	11.4	49	99.2	14.6	1157
Total	118.0	14.6	576	113.6	13.8	574	106.2	13.1	567	93.8	14.2	513	84.4	14.7	95	107.3	17.2	2325

2) Gait performance (Yagami corp.)

Step length of gait with comfortable speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	74.0	7.3	286	72.6	6.9	295	71.5	8.5	299	66.7	9.2	245	63.4	10.8	46	71.0	8.6	1171
Female	68.7	7.1	290	68.0	7.1	279	66.7	6.8	271	61.1	8.3	274	56.9	9.3	49	65.8	8.2	1163
Total	71.3	7.7	576	70.4	7.3	574	69.2	8.1	570	63.7	9.2	519	60.0	10.5	95	68.4	8.8	2334

Pitch of gait with comfortable speed (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	114.3	10.1	286	117.7	8.7	295	116.4	11.6	299	114.6	10.7	245	113.6	10.1	46	115.7	10.4	1171
Female	121.4	9.6	290	122.5	10.4	279	124.0	9.8	271	117.9	11.4	274	114.5	11.8	49	121.1	10.7	1163
Total	117.9	10.5	576	120.0	9.8	574	120.0	11.4	570	116.3	11.2	519	114.1	11.0	95	118.4	10.9	2334

Velocity of gait with comfortable speed (m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	84.4	9.7	286	85.3	9.1	295	83.0	11.2	299	76.4	12.0	245	71.9	13.1	46	82.1	11.3	1171
Female	83.2	9.4	290	83.2	10.2	279	82.5	9.1	271	71.8	11.1	274	64.9	10.7	49	79.6	11.5	1163
Total	83.8	9.6	576	84.3	9.7	574	82.8	10.3	570	74.0	11.7	519	68.3	12.3	95	80.9	11.4	2334

Step length of gait with maximum speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	87.6	8.8	285	84.9	8.0	295	83.2	9.0	296	77.3	10.2	241	72.5	10.9	43	83.1	9.9	1160
Female	77.6	7.3	290	75.8	7.3	278	74.0	7.6	267	67.8	8.9	266	62.9	7.3	44	73.5	8.8	1145
Total	82.6	9.5	575	80.5	8.9	573	78.8	9.5	563	72.3	10.6	507	67.7	10.4	87	78.3	10.5	2305

Pitch of gait with maximum speed (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	134.7	15.1	285	137.0	14.0	295	134.0	13.7	296	130.7	13.2	241	126.0	13.7	43	133.9	14.3	1160
Female	145.1	13.8	290	142.9	13.5	278	141.5	12.9	267	135.4	15.7	266	134.8	12.3	44	141.1	14.4	1145
Total	139.9	15.4	575	139.9	14.1	573	137.6	13.9	563	133.2	14.8	507	130.5	13.7	87	137.5	14.8	2305

Velocity of gait with maximum speed(m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	117.4	13.1	285	116.0	13.0	295	110.9	12.5	296	100.8	14.8	241	91.2	15.3	43	111.0	15.2	1160
Female	112.1	11.0	290	108.0	11.3	278	104.3	10.2	267	91.2	12.2	266	84.5	10.1	44	103.4	14.0	1145
Total	114.7	12.3	575	112.1	12.8	573	107.8	11.9	563	95.7	14.3	507	87.8	13.3	87	107.2	15.1	2305

3) Three-dimensional motion of gait during 1 cycle

Mean velocity at stance phase during comfortable walking (m/s)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.55	0.16	273	1.55	0.17	283	1.54	0.18	289	1.42	0.19	238	1.33	0.19	40	1.51	0.18	1123
Female	1.57	0.17	279	1.53	0.18	269	1.52	0.17	266	1.36	0.17	249	1.22	0.15	45	1.49	0.20	1108
Total	1.56	0.16	552	1.54	0.17	552	1.53	0.18	555	1.39	0.18	487	1.27	0.18	85	1.50	0.19	2231

Mean velocity at swing phase during comfortable walking (m/s)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.50	0.16	269	1.49	0.16	286	1.48	0.18	287	1.37	0.19	236	1.28	0.19	40	1.45	0.19	1118
Female	1.51	0.16	273	1.48	0.18	267	1.47	0.17	264	1.31	0.18	248	1.19	0.14	42	1.43	0.19	1094

Total	1.50	0.16	542	1.49	0.17	553	1.47	0.18	551	1.34	0.18	484	1.23	0.17	82	1.44	0.19	2212
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Mean velocity at 1 cycle during comfortable walking (m/s)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.53	0.16	273	1.53	0.17	285	1.52	0.18	290	1.40	0.18	238	1.31	0.19	40	1.49	0.18	1126
Female	1.54	0.17	280	1.51	0.18	271	1.50	0.17	266	1.34	0.18	250	1.21	0.14	44	1.46	0.19	1111
Total	1.54	0.16	553	1.52	0.17	556	1.51	0.18	556	1.37	0.18	488	1.26	0.17	84	1.48	0.19	2237

Step length during comfortable walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.76	0.06	267	0.75	0.06	278	0.74	0.07	288	0.70	0.07	237	0.66	0.07	41	0.74	0.07	1111
Female	0.71	0.06	279	0.70	0.06	267	0.68	0.06	261	0.63	0.06	244	0.60	0.06	40	0.68	0.07	1091
Total	0.74	0.06	546	0.72	0.07	545	0.71	0.07	549	0.67	0.07	481	0.63	0.07	81	0.71	0.07	2202

Step frequency during comfortable walking (Hz)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.00	0.13	262	2.04	0.14	276	2.03	0.14	283	1.99	0.15	235	1.97	0.15	40	2.02	0.14	1096
Female	2.16	0.13	269	2.17	0.14	262	2.18	0.14	253	2.10	0.16	236	2.04	0.12	40	2.15	0.15	1060
Total	2.08	0.15	531	2.10	0.15	538	2.10	0.16	536	2.05	0.16	471	2.00	0.14	80	2.08	0.16	2156

Stance time during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.68	0.05	277	0.66	0.05	287	0.66	0.05	290	0.68	0.05	235	0.68	0.05	38	0.67	0.05	1127
Female	0.63	0.04	279	0.63	0.04	268	0.63	0.04	261	0.66	0.05	255	0.67	0.04	44	0.64	0.05	1107
Total	0.65	0.05	556	0.65	0.05	555	0.65	0.05	551	0.67	0.05	490	0.67	0.05	82	0.66	0.05	2234

Swing time during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.37	0.02	275	0.37	0.02	276	0.37	0.03	285	0.36	0.03	233	0.37	0.03	37	0.37	0.02	1106
Female	0.35	0.02	270	0.34	0.02	264	0.34	0.02	256	0.34	0.02	238	0.35	0.02	43	0.34	0.02	1071
Total	0.36	0.02	545	0.36	0.03	540	0.35	0.03	541	0.35	0.03	471	0.35	0.03	80	0.36	0.03	2177

Double support time at late stance phase during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.16	0.02	273	0.15	0.02	283	0.15	0.02	291	0.16	0.02	232	0.16	0.02	39	0.16	0.02	1118

Female	0.15	0.02	283	0.15	0.02	268	0.14	0.02	266	0.16	0.02	250	0.16	0.02	45	0.15	0.02	1112
Total	0.15	0.02	556	0.15	0.02	551	0.15	0.02	557	0.16	0.02	482	0.16	0.02	84	0.15	0.02	2230

Cycle duration during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.05	0.06	273	1.03	0.06	278	1.03	0.07	285	1.05	0.07	235	1.05	0.07	37	1.04	0.07	1108
Female	0.98	0.05	265	0.98	0.06	267	0.97	0.06	252	1.00	0.07	243	1.01	0.06	44	0.98	0.06	1071
Total	1.01	0.07	538	1.00	0.07	545	1.00	0.07	537	1.03	0.08	478	1.03	0.07	81	1.01	0.07	2179

Stance time during comfortable walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.6	1.5	275	64.3	1.5	273	64.5	1.6	285	65.2	1.6	233	65.0	1.8	39	64.6	1.6	1105
Female	64.6	1.4	269	64.8	1.5	266	64.9	1.5	258	65.9	1.5	240	65.8	1.4	41	65.0	1.5	1074
Total	64.6	1.5	544	64.6	1.5	539	64.7	1.5	543	65.6	1.6	473	65.4	1.6	80	64.8	1.6	2179

Swing time during comfortable walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	35.4	1.5	275	35.7	1.5	273	35.5	1.6	285	34.8	1.6	233	35.0	1.8	39	35.4	1.6	1105
Female	35.4	1.4	269	35.2	1.5	266	35.1	1.5	258	34.1	1.5	240	34.2	1.4	41	35.0	1.5	1074
Total	35.4	1.5	544	35.4	1.5	539	35.3	1.5	543	34.4	1.6	473	34.6	1.6	80	35.2	1.6	2179

Double support time at late stance phase during comfortable walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.2	1.3	271	14.8	1.4	274	14.8	1.4	285	15.2	1.4	226	15.1	1.7	40	15.0	1.4	1096
Female	15.0	1.4	273	15.1	1.5	266	15.0	1.5	259	15.6	1.5	242	15.4	1.5	43	15.2	1.5	1083
Total	15.1	1.4	544	14.9	1.5	540	14.9	1.5	544	15.4	1.5	468	15.2	1.6	83	15.1	1.5	2179

Range of motion at hip joint in stance phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.9	4.5	234	46.8	4.9	212	47.0	5.4	246	45.2	5.2	199	42.6	5.4	35	46.4	5.1	926
Female	45.2	4.1	239	45.5	4.5	225	45.9	4.9	230	44.7	4.8	211	41.3	4.3	38	45.2	4.7	943
Total	46.0	4.4	473	46.1	4.8	437	46.5	5.2	476	45.0	5.0	410	41.9	4.9	73	45.8	4.9	1869

Range of motion at hip joint in swing phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.9	5.0	278	39.1	5.0	277	39.2	5.6	288	37.1	5.6	235	35.5	6.3	39	38.5	5.4	1117

Male	0.87	0.06	260	0.84	0.06	271	0.83	0.07	271	0.79	0.07	226	0.75	0.08	38	0.83	0.08	1066
Female	0.76	0.06	280	0.75	0.05	266	0.73	0.06	255	0.68	0.06	247	0.64	0.06	36	0.73	0.07	1084
Total	0.81	0.08	540	0.80	0.07	537	0.78	0.08	526	0.73	0.08	473	0.69	0.09	74	0.78	0.09	2150

Step frequency during maximal walking (Hz)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.41	0.21	253	2.42	0.21	258	2.37	0.22	262	2.29	0.20	214	2.26	0.24	34	2.37	0.22	1021
Female	2.61	0.21	273	2.54	0.21	263	2.52	0.20	245	2.40	0.23	240	2.36	0.20	35	2.52	0.23	1056
Total	2.51	0.23	526	2.48	0.22	521	2.45	0.23	507	2.35	0.23	454	2.31	0.22	69	2.45	0.23	2077

Stance time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.55	0.05	264	0.55	0.05	273	0.57	0.05	276	0.59	0.05	221	0.60	0.06	37	0.56	0.05	1071
Female	0.52	0.04	275	0.54	0.04	269	0.54	0.04	255	0.57	0.05	256	0.59	0.04	40	0.55	0.05	1095
Total	0.54	0.05	539	0.54	0.05	542	0.55	0.05	531	0.58	0.05	477	0.59	0.05	77	0.55	0.05	2166

Swing time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.33	0.03	257	0.33	0.03	270	0.33	0.03	267	0.33	0.03	216	0.34	0.03	37	0.33	0.03	1047
Female	0.31	0.02	268	0.31	0.03	259	0.31	0.03	245	0.31	0.03	229	0.31	0.02	38	0.31	0.03	1039
Total	0.32	0.03	525	0.32	0.03	529	0.32	0.03	512	0.32	0.03	445	0.32	0.03	75	0.32	0.03	2086

Double support time at late stance phase during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.12	0.02	236	0.12	0.02	252	0.12	0.02	261	0.13	0.02	218	0.13	0.02	36	0.12	0.02	1003
Female	0.12	0.02	273	0.12	0.02	266	0.12	0.01	251	0.13	0.02	250	0.14	0.01	41	0.12	0.02	1081
Total	0.12	0.02	509	0.12	0.02	518	0.12	0.02	512	0.13	0.02	468	0.13	0.02	77	0.12	0.02	2084

Cycle duration during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.88	0.07	260	0.88	0.07	273	0.90	0.07	271	0.92	0.08	220	0.94	0.09	36	0.90	0.07	1060
Female	0.83	0.06	269	0.85	0.06	263	0.85	0.06	245	0.88	0.07	233	0.90	0.07	40	0.85	0.07	1050
Total	0.86	0.07	529	0.86	0.07	536	0.88	0.07	516	0.90	0.08	453	0.92	0.08	76	0.88	0.07	2110

Stance time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	62.4	1.9	257	62.4	1.8	273	62.9	1.8	270	63.8	2.0	226	63.9	2.3	34	62.9	2.0	1060
Female	63.1	1.7	270	63.4	1.8	260	63.9	1.6	247	65.0	1.5	225	65.2	1.4	35	63.9	1.8	1037
Total	62.8	1.8	527	62.9	1.9	533	63.4	1.8	517	64.4	1.9	451	64.6	2.0	69	63.4	2.0	2097

Swing time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.6	1.9	257	37.6	1.8	273	37.1	1.8	270	36.2	2.0	226	36.1	2.3	34	37.1	2.0	1060
Female	36.9	1.7	270	36.6	1.8	260	36.1	1.6	247	35.0	1.5	225	34.8	1.4	35	36.1	1.8	1037
Total	37.2	1.8	527	37.1	1.9	533	36.6	1.8	517	35.6	1.9	451	35.4	2.0	69	36.6	2.0	2097

Double support time at late stance phase during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.8	1.4	230	13.4	1.5	246	13.7	1.5	252	14.2	1.6	218	14.1	1.6	33	13.8	1.5	979
Female	13.8	1.5	269	14.2	1.5	258	14.2	1.4	244	14.9	1.7	239	15.0	1.6	40	14.3	1.6	1050
Total	13.8	1.5	499	13.8	1.6	504	14.0	1.5	496	14.6	1.7	457	14.6	1.7	73	14.0	1.6	2029

Range of motion at hip joint in stance phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	53.4	5.1	236	53.1	5.2	224	52.8	5.9	231	50.7	6.1	197	48.5	6.7	36	52.4	5.8	924
Female	49.8	4.8	253	49.9	5.2	231	49.3	5.7	227	48.4	5.8	215	45.1	5.2	31	49.2	5.4	957
Total	51.5	5.3	489	51.5	5.4	455	51.1	6.1	458	49.5	6.0	412	46.9	6.2	67	50.8	5.8	1881

Range of motion at hip joint in swing phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.2	5.5	269	46.0	6.0	279	45.2	6.6	273	43.8	6.4	230	41.2	7.4	39	45.2	6.3	1090
Female	43.0	5.3	278	43.2	5.8	272	42.9	5.8	256	41.3	6.0	249	37.2	5.5	39	42.4	5.9	1094
Total	44.6	5.6	547	44.6	6.0	551	44.1	6.3	529	42.5	6.3	479	39.2	6.8	78	43.8	6.2	2184

Range of motion at hip joint in 1 cycle during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.0	4.9	239	54.5	5.0	227	54.2	5.6	231	53.0	5.5	193	50.1	6.3	36	54.1	5.4	926
Female	51.7	4.4	249	51.8	4.9	232	51.6	5.1	224	50.9	5.4	216	47.0	4.8	32	51.4	5.0	953
Total	53.3	4.9	488	53.1	5.1	459	52.9	5.5	455	51.9	5.5	409	48.6	5.8	68	52.7	5.4	1879

Range of motion at knee joint in stance phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.4	5.2	233	32.2	5.3	228	32.2	5.2	230	33.8	5.3	188	34.4	5.0	31	32.4	5.3	910
Female	32.5	5.4	245	32.6	5.2	215	32.4	5.7	221	33.8	5.8	205	36.2	5.1	28	32.9	5.5	914
Total	32.0	5.3	478	32.4	5.2	443	32.3	5.4	451	33.8	5.5	393	35.3	5.1	59	32.7	5.4	1824

Range of motion at knee joint in swing phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	61.7	5.0	251	61.5	5.1	276	61.9	4.8	270	62.1	4.9	221	60.9	5.4	39	61.8	4.9	1057
Female	60.7	4.7	269	61.2	5.2	262	61.0	4.6	250	61.4	5.1	240	61.1	5.3	41	61.1	4.9	1062
Total	61.2	4.9	520	61.4	5.1	538	61.5	4.7	520	61.8	5.0	461	61.0	5.3	80	61.4	5.0	2119

Range of motion at knee joint in 1 cycle during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.6	4.4	219	64.6	4.5	222	64.1	4.6	221	63.7	4.5	185	63.3	5.0	32	64.2	4.5	879
Female	63.9	4.4	233	64.3	4.7	218	63.7	4.1	218	63.6	4.7	203	63.0	3.9	33	63.8	4.5	905
Total	64.2	4.4	452	64.4	4.6	440	63.9	4.4	439	63.6	4.6	388	63.1	4.5	65	64.0	4.5	1784

Range of motion at ankle joint in stance phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	35.8	6.4	227	35.3	5.9	219	35.1	7.2	224	31.4	6.5	189	29.4	6.2	33	34.3	6.8	892
Female	37.4	6.1	235	36.4	6.2	222	35.6	6.2	216	32.5	5.9	202	30.0	5.4	31	35.4	6.4	906
Total	36.6	6.3	462	35.8	6.1	441	35.3	6.7	440	32.0	6.2	391	29.7	5.8	64	34.9	6.6	1798

Range of motion at ankle joint in swing phase during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.0	6.5	250	28.8	6.3	272	28.7	7.2	265	24.0	6.4	217	24.2	6.7	34	27.9	7.0	1038
Female	32.2	6.2	260	30.7	6.4	257	29.2	6.9	243	25.6	6.6	240	22.6	6.9	41	29.2	7.1	1041
Total	31.1	6.5	510	29.7	6.4	529	28.9	7.1	508	24.8	6.6	457	23.3	6.8	75	28.6	7.1	2079

Range of motion at ankle joint in 1 cycle during maximal walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.1	5.8	213	36.9	5.4	214	37.0	6.7	211	33.6	5.7	175	31.6	5.6	30	36.3	6.2	843
Female	39.5	5.8	220	38.6	6.2	213	37.5	6.0	208	34.7	5.5	191	31.8	4.8	31	37.4	6.2	863
Total	38.8	5.9	433	37.7	5.8	427	37.2	6.4	419	34.1	5.6	366	31.7	5.2	61	36.9	6.2	1706

Peak extensor torque at ankle during maximal walking (Nm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.4	19.8	225	90.6	18.0	241	86.6	19.0	236	78.5	18.7	193	68.2	13.7	30	87.3	19.8	925
Female	68.0	14.1	255	65.9	12.3	236	62.8	13.7	224	58.2	11.5	205	51.3	7.6	28	63.6	13.5	948
Total	80.3	21.5	480	78.4	19.8	477	75.0	20.5	460	68.0	18.4	398	60.0	14.0	58	75.3	20.6	1873

4) Stabilometry (NEC Co.)

Stabilometry - out around area with eyes opened (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.16	1.44	286	3.10	1.37	294	3.43	1.50	299	4.36	2.13	251	4.93	2.62	52	3.55	1.76	1182
Female	2.59	1.10	293	2.86	1.32	283	3.32	1.45	272	3.63	2.00	281	4.20	2.69	55	3.14	1.64	1184
Total	2.87	1.31	579	2.99	1.35	577	3.38	1.48	571	3.97	2.09	532	4.55	2.66	107	3.34	1.71	2366

Stabilometry - total power spectram X with eyes opened (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.41	0.26	286	0.38	0.21	294	0.44	0.28	299	0.56	0.36	251	0.63	0.42	52	0.45	0.30	1182
Female	0.32	0.19	293	0.36	0.21	283	0.42	0.27	272	0.48	0.29	281	0.56	0.38	55	0.40	0.26	1184
Total	0.37	0.23	579	0.37	0.21	577	0.43	0.28	571	0.51	0.33	532	0.59	0.40	107	0.43	0.28	2366

Stabilometry - total power spectram Y with eyes opened (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.73	0.54	286	0.70	0.49	294	0.72	0.48	299	0.81	0.58	251	0.79	0.44	52	0.74	0.52	1182
Female	0.61	0.44	293	0.69	0.52	283	0.68	0.48	272	0.62	0.45	281	0.61	0.46	55	0.65	0.47	1184
Total	0.67	0.49	579	0.69	0.50	577	0.70	0.48	571	0.71	0.52	532	0.70	0.46	107	0.69	0.50	2366

Stabilometry - back and forth difference with eyes opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.91	0.80	286	2.90	0.84	294	2.97	0.79	299	3.21	0.86	251	3.23	0.77	52	3.00	0.83	1182
Female	2.65	0.75	293	2.79	0.85	283	2.88	0.78	272	2.86	0.93	281	2.89	0.92	55	2.80	0.84	1184
Total	2.78	0.79	579	2.85	0.84	577	2.92	0.79	571	3.02	0.92	532	3.06	0.87	107	2.90	0.84	2366

Stabilometry - right and left difference with eyes opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.42	0.65	286	2.39	0.62	294	2.57	0.72	299	2.91	0.88	251	3.17	0.99	52	2.59	0.76	1182
Female	2.16	0.58	293	2.29	0.60	283	2.49	0.66	272	2.64	0.77	281	2.90	0.91	55	2.42	0.70	1184
Total	2.29	0.63	579	2.34	0.61	577	2.53	0.69	571	2.77	0.83	532	3.03	0.96	107	2.50	0.74	2366

Stabilometry – total locus length with eyes opened (cm)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	91.4	20.8	286	98.7	23.2	294	101.0	25.3	299	119.5	33.4	251	139.6	58.6	52	103.7	30.6	1182
Female	82.9	19.8	293	92.5	22.6	283	97.3	21.2	272	105.9	33.2	281	119.1	34.5	55	95.7	27.0	1184
Total	87.1	20.7	579	95.7	23.1	577	99.2	23.5	571	112.3	33.9	532	129.1	48.6	107	99.7	29.1	2366

Stabilometry – out around area with eyes closed (cm²)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.23	2.38	286	4.11	2.43	294	4.94	3.43	299	6.74	4.58	250	7.99	6.29	52	5.08	3.65	1181
Female	3.12	1.72	293	3.57	1.88	283	4.35	2.32	272	5.15	5.29	279	5.79	4.18	53	4.11	3.30	1180
Total	3.67	2.15	579	3.84	2.19	577	4.66	2.97	571	5.90	5.02	529	6.88	5.42	105	4.59	3.51	2361

Stabilometry – total power spectram X with eyes closed (cm²)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.50	0.36	286	0.43	0.29	294	0.54	0.38	299	0.78	0.64	250	0.80	0.56	52	0.57	0.46	1181
Female	0.36	0.25	293	0.40	0.28	283	0.50	0.34	272	0.62	0.57	279	0.70	0.57	53	0.48	0.40	1180
Total	0.43	0.32	579	0.42	0.28	577	0.52	0.36	571	0.69	0.61	529	0.75	0.57	105	0.52	0.43	2361

Stabilometry – total power spectram Y with eyes closed (cm²)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.64	0.40	286	0.61	0.37	294	0.72	0.48	299	0.91	0.58	250	1.04	0.81	52	0.73	0.50	1181
Female	0.50	0.35	293	0.54	0.33	283	0.65	0.41	272	0.74	0.79	279	0.73	0.58	53	0.61	0.52	1180
Total	0.57	0.38	579	0.58	0.35	577	0.69	0.45	571	0.82	0.71	529	0.88	0.72	105	0.67	0.51	2361

Stabilometry – center coordinates X with eyes closed (cm)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.11	0.74	286	0.09	0.78	294	0.15	0.82	299	0.22	0.89	250	0.24	0.77	52	0.14	0.81	1181
Female	0.15	0.60	293	0.20	0.67	283	0.25	0.73	272	0.20	0.81	279	0.53	0.82	53	0.21	0.71	1180
Total	0.13	0.68	579	0.14	0.73	577	0.20	0.78	571	0.21	0.85	529	0.39	0.80	105	0.18	0.76	2361

Stabilometry – center coordinates Y with eyes closed (cm)

	40–49yr			50–59yr			60–69yr			70–79yr			80–yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.60	1.84	286	-0.74	1.90	294	-0.66	1.88	299	-0.93	1.64	250	-0.75	2.40	52	-0.73	1.86	1181
Female	-1.72	1.57	293	-1.78	1.61	283	-1.65	1.69	272	-1.75	1.63	279	-2.00	1.60	53	-1.74	1.62	1180

Total	-1.17	1.80	579	-1.25	1.84	577	-1.13	1.86	571	-1.36	1.68	529	-1.38	2.12	105	-1.23	1.81	2361
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Stabilometry – back and forth difference with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.11	0.88	286	3.09	0.95	294	3.31	1.04	299	3.75	1.21	250	3.99	1.50	52	3.33	1.08	1181
Female	2.66	0.78	293	2.90	0.85	283	3.10	0.89	272	3.23	1.17	279	3.38	1.26	53	2.98	0.97	1180
Total	2.88	0.86	579	3.00	0.91	577	3.21	0.98	571	3.47	1.22	529	3.68	1.41	105	3.16	1.04	2361

Stabilometry – right and left difference with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.80	0.82	286	2.65	0.83	294	2.98	0.96	299	3.49	1.25	250	3.59	1.06	52	2.99	1.02	1181
Female	2.39	0.78	293	2.51	0.82	283	2.81	0.82	272	3.05	1.14	279	3.34	1.47	53	2.71	0.97	1180
Total	2.59	0.83	579	2.58	0.83	577	2.90	0.90	571	3.26	1.21	529	3.46	1.28	105	2.85	1.01	2361

Stabilometry – total locus length with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	119.3	34.5	286	125.1	38.4	294	135.6	46.4	299	170.8	81.2	250	201.8	102.6	52	139.4	59.8	1181
Female	99.0	25.2	293	110.7	27.2	283	120.2	32.3	272	134.7	65.9	279	150.6	55.0	53	117.4	44.2	1180
Total	109.0	31.8	579	118.0	34.1	577	128.2	41.0	571	151.7	75.7	529	176.0	85.6	105	128.4	53.7	2361

5) Physical activity assessed by electric pedometer (Suzuken corp.)

Electric pedometer – total energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2201.9	207.3	256	2129.0	200.4	277	1944.9	204.0	279	1742.8	201.3	236	1493.9	163.4	40	1991.8	281.1	1088
Female	1731.4	181.4	274	1686.9	162.3	268	1622.6	160.7	262	1477.8	144.6	247	1324.0	138.7	41	1621.7	195.9	1092
Total	1958.7	305.1	530	1911.6	286.8	545	1788.8	244.7	541	1607.3	219.1	483	1407.9	173.1	81	1806.4	304.8	2180

Electric pedometers – exercise energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	276.6	113.3	256	282.3	124.4	277	238.2	127.3	279	183.9	115.2	236	98.7	62.7	40	241.6	127.6	1088
Female	210.5	84.4	274	203.8	85.1	268	191.0	85.9	262	140.2	68.3	247	103.3	57.3	41	184.3	86.3	1092
Total	242.4	104.7	530	243.7	113.8	545	215.4	111.6	541	161.6	96.6	483	101.0	59.7	81	212.9	112.6	2180

Electric pedometers – steps average (step)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9054	3360	257	9446	3760	277	8583	3807	280	7223	3773	236	4556	2620	40	8471	3807	1090
Female	8997	2838	274	8984	2990	268	8506	3146	263	6765	2726	247	5755	2828	41	8249	3092	1093
Total	9024	3099	531	9219	3408	545	8546	3499	543	6988	3284	483	5163	2776	81	8360	3469	2183

6) Physical activity questionnaire

Distribution of 4 categories of leisure-time physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
2.5METs	Male	72	25.2	129	43.7	196	65.3	165	64.7	36	67.9	598	50.3
	Female	67	22.8	107	37.8	135	49.5	161	56.5	35	59.3	505	42.3
	Total	139	24.0	236	40.8	331	57.8	326	60.4	71	63.4	1103	46.3
4.5METs	Male	68	23.8	85	28.8	98	32.7	64	25.1	4	7.5	319	26.8
	Female	62	21.1	81	28.6	97	35.5	65	22.8	8	13.6	313	26.2
	Total	130	22.4	166	28.7	195	34.0	129	23.9	12	10.7	632	26.5
6.5METs	Male	28	9.8	22	7.5	10	3.3	1	0.4	0	0.0	61	5.1
	Female	7	2.4	3	1.1	1	0.4	0	0.0	0	0.0	11	0.9
	Total	35	6.0	25	4.3	11	1.9	1	0.2	0	0.0	72	3.0
8.5METs	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0

Leisure-time physical activity score (2.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.1	8.2	286	9.2	16.2	295	28.6	41.3	300	32.4	44.4	254	31.8	61.7	53	18.6	35.4	1188
Female	4.6	13.6	293	10.7	22.1	282	15.9	25.0	273	20.0	30.2	285	22.3	37.0	59	13.2	25.0	1192
Total	3.9	11.3	579	9.9	19.3	577	22.6	35.0	573	25.9	38.0	539	26.8	50.2	112	15.9	30.7	2380

Leisure-time physical activity score (4.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.8	17.8	286	9.0	21.7	295	16.5	36.4	300	11.3	26.5	254	3.7	15.2	53	10.6	26.5	1188
Female	7.0	18.6	293	9.1	21.3	282	13.3	23.9	273	7.5	18.5	285	3.0	9.8	59	8.9	20.4	1192
Total	6.9	18.2	579	9.0	21.5	577	15.0	31.1	573	9.3	22.7	539	3.4	12.6	112	9.7	23.7	2380

Leisure-time physical activity score (6.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.0	14.6	286	3.2	14.4	295	2.6	17.2	300	0.0	0.6	254	0.0	0.0	53	2.4	13.4	1188
Female	1.1	11.0	293	0.2	2.3	282	0.1	0.9	273	0.0	0.0	285	0.0	0.0	59	0.3	5.6	1192
Total	2.6	12.9	579	1.8	10.5	577	1.4	12.5	573	0.0	0.4	539	0.0	0.0	112	1.4	10.3	2380

Leisure-time physical activity score (8.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	286	0.0	0.0	295	0.0	0.0	300	0.0	0.0	254	0.0	0.0	53	0.0	0.0	1188
Female	0.0	0.0	293	0.0	0.0	282	0.0	0.0	273	0.0	0.0	285	0.0	0.0	59	0.0	0.0	1192
Total	0.0	0.0	579	0.0	0.0	577	0.0	0.0	573	0.0	0.0	539	0.0	0.0	112	0.0	0.0	2380

Leisure-time physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.0	25.4	286	21.3	29.6	295	47.7	57.5	300	43.8	51.0	254	35.5	61.8	53	31.7	46.1	1188
Female	12.7	27.2	293	20.1	31.0	282	29.2	32.5	273	27.5	34.6	285	25.3	38.1	59	22.4	32.4	1192
Total	13.3	26.3	579	20.7	30.2	577	38.9	48.2	573	35.2	43.8	539	30.1	50.8	112	27.0	40.1	2380

Time spent on the leisure-time physical activity (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.1	97.0	286	102.5	135.9	295	258.7	310.3	300	258.4	308.6	254	225.6	408.6	53	169.8	258.3	1188
Female	59.7	126.3	293	106.2	167.9	282	155.2	179.7	273	161.2	209.3	285	159.8	248.8	59	121.8	181.9	1192
Total	58.4	112.7	579	104.3	152.2	577	209.4	261.5	573	207.0	265.1	539	191.0	334.2	112	145.8	224.6	2380

Leisure-time physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.04	0.08	286	0.06	0.09	295	0.14	0.17	300	0.13	0.15	254	0.11	0.18	53	0.09	0.14	1188
Female	0.04	0.08	293	0.06	0.09	282	0.09	0.10	273	0.08	0.10	285	0.08	0.11	59	0.07	0.10	1192
Total	0.04	0.08	579	0.06	0.09	577	0.12	0.14	573	0.10	0.13	539	0.09	0.15	112	0.08	0.12	2380

Time spent on the leisure-time physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.3	286	0.3	0.4	295	0.8	0.9	300	0.8	0.9	254	0.7	1.2	53	0.5	0.8	1188
Female	0.2	0.4	293	0.3	0.5	282	0.5	0.5	273	0.5	0.6	285	0.5	0.7	59	0.4	0.5	1192
Total	0.2	0.3	579	0.3	0.5	577	0.6	0.8	573	0.6	0.8	539	0.6	1.0	112	0.4	0.7	2380

Distribution of 4 categories of the job physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
1.5METs	Male	283	99.0	294	99.7	249	83.0	153	60.0	29	54.7	1008	84.8
	Female	290	98.6	274	96.8	249	91.2	219	76.8	44	74.6	1076	90.1
	Total	573	98.8	568	98.3	498	86.9	372	68.9	73	65.2	2084	87.5
2.5METs	Male	278	97.2	286	96.9	268	89.3	192	75.3	39	73.6	1063	89.4
	Female	293	99.7	282	99.6	272	99.6	285	100.0	58	98.3	1190	99.7
	Total	571	98.4	568	98.3	540	94.2	477	88.3	97	86.6	2253	94.5
4.5METs	Male	80	28.0	87	29.5	88	29.3	64	25.1	13	24.5	332	27.9
	Female	176	59.9	177	62.5	182	66.7	173	60.7	33	55.9	741	62.1
	Total	256	44.1	264	45.7	270	47.1	237	43.9	46	41.1	1073	45.0
7.5METs	Male	22	7.7	29	9.8	17	5.7	11	4.3	0	0.0	79	6.6
	Female	8	2.7	6	2.1	2	0.7	1	0.4	0	0.0	17	1.4
	Total	30	5.2	35	6.1	19	3.3	12	2.2	0	0.0	96	4.0
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0

On the job physical activity score (1.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	159.1	85.3	286	138.7	77.5	295	67.0	74.4	300	20.2	40.5	254	10.0	14.6	53	94.4	90.4	1188
Female	62.6	60.8	293	56.9	60.9	282	27.3	38.8	273	17.7	31.5	285	9.9	19.9	59	39.8	52.7	1192
Total	110.3	88.2	579	98.7	81.0	577	48.1	63.2	573	18.9	36.0	539	9.9	17.5	112	67.1	78.8	2380

On the job physical activity score (2.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	132.1	112.9	286	129.1	105.0	295	86.4	91.3	300	64.7	79.0	254	47.2	68.6	53	101.6	101.6	1188
Female	230.3	96.5	293	222.3	101.6	282	174.5	84.2	273	138.0	75.3	285	133.0	86.7	59	188.7	97.8	1192
Total	181.8	115.8	579	174.6	113.3	577	128.4	98.3	573	103.5	85.3	539	92.4	89.4	112	145.2	108.8	2380

On the job physical activity score (4.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.7	124.5	286	49.7	119.6	295	28.6	81.6	300	11.8	38.5	254	10.4	40.5	53	33.8	97.8	1188
Female	17.7	40.7	293	18.1	43.0	282	17.2	34.2	273	12.3	29.0	285	10.5	16.7	59	16.0	36.5	1192
Total	32.0	93.2	579	34.2	91.9	577	23.2	63.8	573	12.1	33.8	539	10.4	30.2	112	24.9	74.3	2380

On the job physical activity score (7.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.1	54.7	286	11.2	51.1	295	5.1	38.7	300	2.5	15.5	254	0.0	0.0	53	6.8	42.5	1188
Female	1.5	10.4	293	1.6	16.4	282	0.2	2.4	273	0.1	1.1	285	0.0	0.0	59	0.8	9.6	1192

Total	5.2	39.3	579	6.5	38.5	577	2.7	28.2	573	1.2	10.7	539	0.0	0.0	112	3.8	30.9	2380
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On the job physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	347.0	125.9	286	328.7	132.9	295	187.1	150.3	300	99.2	114.0	254	67.5	92.6	53	236.6	167.3	1188
Female	312.0	106.3	293	298.9	113.6	282	219.1	98.1	273	168.1	89.6	285	153.4	95.1	59	245.4	118.9	1192
Total	329.3	117.6	579	314.1	124.6	577	202.4	129.0	573	135.7	107.4	539	112.8	102.9	112	241.0	145.1	2380

Time spent on the job (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2841.3	577.2	286	2610.7	622.8	295	1437.6	1052	300	705.1	793.4	254	464.0	569.6	53	1866.8	1180	1188
Female	2299.3	765.1	293	2185.0	806.6	282	1530.6	688.9	273	1162.7	640.3	285	1035.2	641.8	59	1761.9	872.4	1192
Total	2567.1	730.4	579	2402.6	748.9	577	1481.9	897.7	573	947.0	751.5	539	764.9	670.3	112	1814.2	1039	2380

On the job physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.03	0.37	286	0.98	0.40	295	0.56	0.45	300	0.30	0.34	254	0.20	0.28	53	0.70	0.50	1188
Female	0.93	0.32	293	0.89	0.34	282	0.65	0.29	273	0.50	0.27	285	0.46	0.28	59	0.73	0.35	1192
Total	0.98	0.35	579	0.93	0.37	577	0.60	0.38	573	0.40	0.32	539	0.34	0.31	112	0.72	0.43	2380

Time spent on the job (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.5	1.7	286	7.8	1.9	295	4.3	3.1	300	2.1	2.4	254	1.4	1.7	53	5.6	3.5	1188
Female	6.8	2.3	293	6.5	2.4	282	4.6	2.1	273	3.5	1.9	285	3.1	1.9	59	5.2	2.6	1192
Total	7.6	2.2	579	7.2	2.2	577	4.4	2.7	573	2.8	2.2	539	2.3	2.0	112	5.4	3.1	2380

Residual physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	261.9	48.2	286	271.7	57.1	295	345.0	85.2	300	390.7	74.8	254	395.2	65.8	53	318.8	86.3	1188
Female	314.6	70.7	293	315.3	69.5	282	353.4	57.8	273	375.1	66.7	285	377.9	64.3	59	341.2	71.4	1192
Total	288.6	66.1	579	293.0	67.0	577	349.0	73.5	573	382.5	71.0	539	386.1	65.3	112	330.0	80.0	2380

Time spent on residual physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	1.6	286	9.0	1.9	295	11.4	2.8	300	12.9	2.5	254	13.1	2.2	53	10.5	2.9	1188

Female	10.4	2.3	293	10.4	2.3	282	11.7	1.9	273	12.4	2.2	285	12.5	2.1	59	11.3	2.4	1192
Total	9.5	2.2	579	9.7	2.2	577	11.5	2.4	573	12.6	2.3	539	12.8	2.2	112	10.9	2.6	2380

Sleeping time (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.7	0.9	286	6.9	0.9	295	7.5	1.1	300	8.2	1.2	254	8.9	1.3	53	7.4	1.2	1188
Female	6.6	0.9	293	6.8	0.9	282	7.3	1.1	273	7.7	1.3	285	7.9	1.2	59	7.1	1.1	1192
Total	6.6	0.9	579	6.9	0.9	577	7.4	1.1	573	7.9	1.3	539	8.4	1.3	112	7.3	1.2	2380

Sleep activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	101.5	13.9	286	105.0	13.3	295	114.0	16.5	300	124.2	18.7	254	134.3	20.1	53	111.8	18.6	1188
Female	99.4	14.3	293	102.2	13.1	282	110.3	16.3	273	115.7	19.0	285	120.2	17.8	59	107.5	17.4	1192
Total	100.4	14.1	579	103.6	13.3	577	112.3	16.5	573	119.7	19.3	539	126.8	20.1	112	109.7	18.1	2380

Total physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	724.4	108.3	286	726.6	107.7	295	693.8	85.6	300	657.9	55.2	254	632.5	56.6	53	698.9	96.1	1188
Female	738.7	55.8	293	736.5	59.6	282	712.1	49.6	273	686.4	44.2	285	676.7	48.7	59	716.5	57.1	1192
Total	731.6	86.1	579	731.4	87.6	577	702.5	71.3	573	673.0	51.7	539	655.8	56.8	112	707.7	79.5	2380

Total physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.16	0.32	286	2.16	0.32	295	2.06	0.25	300	1.96	0.16	254	1.88	0.17	53	2.08	0.29	1188
Female	2.20	0.17	293	2.19	0.18	282	2.12	0.15	273	2.04	0.13	285	2.01	0.15	59	2.13	0.17	1192
Total	2.18	0.26	579	2.18	0.26	577	2.09	0.21	573	2.00	0.15	539	1.95	0.17	112	2.11	0.24	2380

Annual intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	0.2	286	1.5	0.2	295	1.4	0.2	300	1.4	0.1	254	1.3	0.1	53	1.4	0.2	1188
Female	1.5	0.1	293	1.5	0.1	282	1.5	0.1	273	1.4	0.1	285	1.4	0.1	59	1.5	0.1	1192
Total	1.5	0.2	579	1.5	0.2	577	1.5	0.1	573	1.4	0.1	539	1.4	0.1	112	1.5	0.2	2380

Annual active intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	0.3	286	1.8	0.3	295	1.7	0.3	300	1.7	0.2	254	1.6	0.2	53	1.8	0.3	1188

Female	1.8	0.1	293	1.8	0.2	282	1.8	0.1	273	1.7	0.1	285	1.7	0.1	59	1.8	0.1	1192
Total	1.8	0.2	579	1.8	0.3	577	1.8	0.2	573	1.7	0.1	539	1.7	0.2	112	1.8	0.2	2380

Exercise experiments during each life period

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
20-29 years	Male	119	41.6	116	39.3	111	37.0	70	27.5	8	15.1	424	35.7
	Female	86	29.3	43	15.2	18	6.6	11	3.9	2	3.4	160	13.4
	Total	205	35.3	159	27.5	129	22.5	81	15.0	10	8.9	584	24.5
30-39 years	Male	118	41.3	117	39.7	105	35.0	60	23.5	6	11.3	406	34.1
	Female	121	41.2	109	38.5	50	18.3	12	4.2	2	3.4	294	24.6
	Total	239	41.2	226	39.1	155	27.1	72	13.3	8	7.1	700	29.4
40-59 years	Male	81	28.3	174	59.0	160	53.3	84	32.9	11	20.8	510	42.9
	Female	94	32.0	179	63.3	156	57.1	76	26.7	11	18.6	516	43.2
	Total	175	30.2	353	61.1	316	55.1	160	29.6	22	19.6	1026	43.1
60- years	Male	0	0.0	0	0.0	188	62.7	169	66.3	35	66.0	392	33.0
	Female	0	0.0	1	0.4	157	57.5	164	57.5	35	59.3	357	29.9
	Total	0	0.0	1	0.2	345	60.2	333	61.7	70	62.5	749	31.4
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0