

# X. Physical Function Tests and Physical Activities

## 1) Physical fitness

Sitting trunk flexion  
 Right grip strength  
 Left grip strength  
 One leg standing with eyes closed  
 One leg standing with eyes open (65 years and over)  
 Reaction time  
 Leg extension power  
 Sit up  
 Right knee extension strength  
 Left knee extension strength

## 2) Gait performance

Step length, pitch and velocity during comfortable walking  
 Step length, pitch and velocity during maximum walking

## 3) Three-dimensional motion of gait during 1 cycle

## 4) Stabilometry

With eyes open  
 With eyes closed

## 5) Physical activity accessed by electric pedometer

Total energy expenditure  
 Exercise energy expenditure  
 Steps

## 6) Physical activity questionnaire\*

Leisure-time physical activity  
 Job physical activity

\*Iwai N, Yoshiike N, Saitoh S, Nose T, Kushiro T, Tanaka H: Leisure-time physical activity and related lifestyle characteristics among middle-aged Japanese. Japan Lifestyle Monitoring Study Group. J Epidemiol 10: 226-33, 2000.

## 1) Physical fitness (Takei corp.)

Sitting trunk flexion (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	1.8	9.0	254	2.9	9.0	270	1.7	8.6	270	0.8	9.1	258	-2.5	9.0	88	1.5	9.0	1140
Female	8.6	7.6	258	10.0	7.8	246	10.1	7.3	267	9.3	7.1	238	8.5	7.7	89	9.4	7.5	1098
Total	5.3	9.0	512	6.2	9.1	516	5.9	9.0	537	4.9	9.2	496	3.0	10.0	177	5.4	9.2	2238

Right 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	43.8	6.5	256	42.5	6.6	274	38.2	6.0	276	33.3	6.0	268	27.7	4.5	93	38.5	8.0	1167
Female	26.6	4.8	262	25.0	4.6	247	22.9	4.4	268	20.6	4.1	244	18.4	4.8	95	23.3	5.2	1116
Total	35.1	10.3	518	34.2	10.5	521	30.6	9.3	544	27.2	8.2	512	23.0	6.6	188	31.1	10.2	2283

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	41.9	6.2	256	40.9	6.2	274	36.8	5.9	275	31.9	5.7	266	26.8	5.3	94	37.0	7.6	1165
Female	25.3	4.4	261	24.2	4.5	246	21.7	4.4	269	19.5	3.8	242	17.2	5.0	95	22.2	5.1	1113
Total	33.5	9.9	517	33.0	10.0	520	29.3	9.1	544	26.0	7.9	508	22.0	7.0	189	29.8	9.8	2278

One leg standing time 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	37.7	44.5	256	24.6	27.3	273	11.6	17.0	273	4.8	3.9	252	3.2	2.1	82	18.5	29.3	1136
Female	33.6	38.4	261	22.2	26.6	247	9.4	11.0	261	5.1	6.9	233	3.4	2.5	70	16.9	26.3	1072
Total	35.6	41.5	517	23.5	27.0	520	10.5	14.4	534	4.9	5.5	485	3.3	2.3	152	17.7	27.9	2208

One leg standing time with eye open (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	116.2	63.1	132	71.4	63.6	253	37.8	45.4	83	78.1	66.2	468
Female	.	.	0	.	.	0	97.0	67.1	119	58.3	58.8	233	28.0	39.1	72	64.0	62.9	424
Total	.	.	0	.	.	0	107.1	65.6	251	65.1	61.7	486	33.3	42.7	155	71.4	65.0	892

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	0.391	0.05	256	0.409	0.06	274	0.436	0.07	270	0.476	0.08	251	0.524	0.09	79	0.434	0.08	1130
Female	0.427	0.06	258	0.442	0.07	247	0.458	0.07	264	0.495	0.09	226	0.583	0.13	69	0.463	0.08	1064
Total	0.409	0.06	514	0.424	0.07	521	0.447	0.07	534	0.485	0.09	477	0.551	0.11	148	0.448	0.08	2194

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	671.0	143.3	246	627.3	143.2	258	536.2	122.1	251	417.3	112.7	233	329.7	115.7	68	550.4	169.9	1056
Female	365.6	101.2	249	361.9	94.5	227	324.3	78.3	224	266.2	79.3	161	210.0	69.1	43	329.3	99.6	904
Total	517.4	196.7	495	503.1	180.6	485	436.3	148.2	475	355.6	124.8	394	283.3	115.8	111	448.4	179.6	1960

Sit up (reps/30sec)

	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	18	3.4	245	15	4.0	257	13	4.1	250	9	4.6	228	7	4.6	65	13	5.5	1045
Female	13	4.4	246	9	5.1	224	6	5.4	224	4	4.2	162	3	3.8	41	8	5.9	897
Total	16	4.6	491	13	5.5	481	10	5.7	474	7	5.0	390	5	4.6	106	11	6.2	1942

Right knee extension 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	54.9	11.0	251	51.6	10.1	263	46.6	10.1	252	36.8	9.3	241	30.6	7.4	71	46.5	12.6	1078
Female	34.5	8.0	249	31.9	7.3	231	30.6	7.3	230	26.5	7.3	172	21.7	5.3	48	30.7	8.2	930
Total	44.7	14.0	500	42.4	13.3	494	38.9	11.9	482	32.5	9.9	413	27.0	8.0	119	39.2	13.4	2008

Left knee extension 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	54.7	11.5	249	51.2	11.1	263	45.9	10.7	253	36.7	9.6	240	29.6	7.5	71	46.1	13.2	1076
Female	34.2	7.9	252	31.8	7.7	230	30.2	7.8	230	26.1	7.7	171	21.4	6.1	49	30.5	8.4	932
Total	44.4	14.3	501	42.1	13.7	493	38.4	12.3	483	32.3	10.3	411	26.3	8.0	120	38.8	13.7	2008

2) Gait performance

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	75.3	8.0	256	74.3	7.3	272	71.8	7.7	274	67.8	8.8	259	62.9	9.6	85	71.6	8.9	1146
Female	69.2	6.8	261	68.2	6.5	249	67.0	6.8	264	62.5	7.7	231	58.5	8.1	80	66.2	7.7	1085
Total	72.2	8.0	517	71.4	7.6	521	69.5	7.7	538	65.3	8.7	490	60.8	9.1	165	69.0	8.8	2231

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	118.5	9.1	256	119.4	9.7	272	119.3	9.8	274	116.8	9.7	259	115.8	10.6	85	118.3	9.7	1146
Female	122.2	11.0	261	123.5	8.8	249	125.0	9.3	264	121.9	10.2	231	116.1	10.0	80	122.7	10.1	1085
Total	120.4	10.3	517	121.3	9.5	521	122.1	10.0	538	119.2	10.3	490	115.9	10.3	165	120.4	10.1	2231

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	89.1	10.3	256	88.5	9.3	272	85.4	9.8	274	79.1	10.9	259	72.6	10.9	85	84.6	11.3	1146
Female	84.4	10.0	261	84.2	9.4	249	83.5	9.6	264	76.1	10.9	231	68.0	11.0	80	81.2	11.2	1085
Total	86.7	10.4	517	86.5	9.6	521	84.5	9.7	538	77.7	11.0	490	70.3	11.2	165	82.9	11.4	2231









Male	34.2	4.5	242	34.1	4.6	252	33.2	4.9	259	32.2	5.3	248	30.4	4.9	83	33.2	5.0	1084
Female	35.4	4.6	250	35.8	4.4	238	34.5	5.1	251	32.6	4.8	219	32.3	5.9	77	34.5	5.0	1035
Total	34.8	4.6	492	34.9	4.5	490	33.9	5.0	510	32.4	5.1	467	31.3	5.4	160	33.8	5.0	2119

Peak extensor torque at ankle during comfortable walking (Nm)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	95.1	19.2	239	91.4	20.3	252	84.3	17.2	251	77.0	15.3	225	70.2	13.3	75	85.9	19.5	1042
Female	70.8	13.5	223	69.4	14.4	226	64.7	11.5	233	59.3	10.7	199	53.6	10.3	69	65.3	13.6	950
Total	83.4	20.6	462	81.0	20.9	478	74.9	17.7	484	68.7	16.0	424	62.2	14.5	144	76.1	19.8	1992

Standard deviation of the residual of lateral trunk excursion at right stride gait cycle during comfortable walking

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.009	0.002	243	0.010	0.003	260	0.010	0.002	265	0.011	0.003	253	0.012	0.004	83	0.010	0.003	1104
Female	0.007	0.002	249	0.007	0.002	244	0.007	0.002	259	0.008	0.002	222	0.009	0.003	78	0.007	0.002	1052
Total	0.008	0.002	492	0.009	0.003	504	0.009	0.003	524	0.009	0.003	475	0.011	0.004	161	0.009	0.003	2156

Lateral trunk excursion at right stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.036	0.010	243	0.037	0.010	260	0.039	0.010	265	0.042	0.013	253	0.045	0.013	83	0.039	0.011	1104
Female	0.029	0.008	249	0.029	0.009	244	0.028	0.008	259	0.029	0.009	222	0.035	0.013	78	0.029	0.009	1052
Total	0.032	0.010	492	0.033	0.010	504	0.033	0.010	524	0.036	0.013	475	0.040	0.014	161	0.034	0.011	2156

Maximal lateral trunk displacement of right direction at right stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.013	0.003	242	0.014	0.004	260	0.015	0.004	265	0.015	0.004	252	0.017	0.005	83	0.014	0.004	1102
Female	0.011	0.003	249	0.011	0.003	244	0.011	0.003	259	0.011	0.003	222	0.013	0.004	78	0.011	0.003	1052
Total	0.012	0.003	491	0.012	0.004	504	0.013	0.004	524	0.013	0.004	474	0.015	0.005	161	0.013	0.004	2154

Maximal lateral trunk displacement of left direction at right stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.022	0.007	243	-0.023	0.007	260	-0.024	0.007	265	-0.027	0.009	253	-0.028	0.009	83	-0.024	0.008	1104
Female	-0.018	0.006	249	-0.018	0.006	244	-0.017	0.006	259	-0.018	0.007	222	-0.022	0.009	78	-0.018	0.007	1052
Total	-0.020	0.007	492	-0.021	0.007	504	-0.021	0.008	524	-0.023	0.009	475	-0.025	0.009	161	-0.021	0.008	2156

Standard deviation of the residual of lateral trunk excursion at left stride gait cycle during comfortable walking

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.009	0.002	237	0.010	0.003	252	0.010	0.003	266	0.011	0.003	248	0.011	0.003	76	0.010	0.003	1079
Female	0.007	0.002	248	0.007	0.002	245	0.007	0.002	252	0.008	0.002	222	0.009	0.003	78	0.007	0.002	1045
Total	0.008	0.002	485	0.009	0.003	497	0.009	0.003	518	0.009	0.003	470	0.010	0.003	154	0.009	0.003	2124

Lateral trunk excursion at left stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.036	0.009	237	0.039	0.011	253	0.039	0.010	266	0.043	0.013	253	0.045	0.013	80	0.040	0.011	1089
Female	0.029	0.008	249	0.028	0.009	245	0.028	0.008	252	0.030	0.010	222	0.035	0.012	78	0.029	0.009	1046
Total	0.032	0.009	486	0.034	0.011	498	0.034	0.011	518	0.037	0.013	475	0.040	0.014	158	0.035	0.012	2135

Maximal lateral trunk displacement of right direction at left stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.023	0.007	237	0.025	0.008	253	0.025	0.007	266	0.028	0.009	253	0.029	0.009	80	0.026	0.008	1089
Female	0.018	0.006	249	0.018	0.007	245	0.018	0.006	252	0.019	0.007	222	0.022	0.008	78	0.018	0.007	1046
Total	0.020	0.007	486	0.022	0.008	498	0.021	0.008	518	0.024	0.009	475	0.026	0.009	158	0.022	0.008	2135

Maximal lateral trunk displacement of left direction at left stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.013	0.004	237	-0.014	0.004	253	-0.014	0.004	266	-0.015	0.005	253	-0.016	0.005	80	-0.014	0.004	1089
Female	-0.010	0.004	249	-0.010	0.003	245	-0.010	0.003	252	-0.011	0.003	222	-0.013	0.004	78	-0.011	0.004	1046
Total	-0.012	0.004	486	-0.012	0.004	498	-0.012	0.004	518	-0.013	0.005	475	-0.014	0.005	158	-0.012	0.004	2135

Forward trunk excursion at right stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.61	0.15	241	1.59	0.15	256	1.55	0.14	265	1.45	0.18	252	1.36	0.18	83	1.54	0.17	1097
Female	1.48	0.15	249	1.48	0.14	243	1.43	0.14	258	1.34	0.15	221	1.22	0.19	78	1.42	0.17	1049
Total	1.55	0.16	490	1.54	0.15	499	1.49	0.15	523	1.40	0.17	473	1.29	0.20	161	1.48	0.18	2146

Forward trunk excursion at left stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.60	0.16	234	1.59	0.19	250	1.55	0.15	265	1.47	0.18	252	1.40	0.22	80	1.54	0.18	1081
Female	1.49	0.14	249	1.49	0.15	245	1.46	0.17	250	1.36	0.16	222	1.27	0.22	78	1.44	0.17	1044
Total	1.55	0.16	483	1.54	0.18	495	1.50	0.16	515	1.42	0.18	474	1.33	0.23	158	1.49	0.19	2125

Standard deviation of the residual of vertical trunk excursion at right stride gait cycle during comfortable walking

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.017	0.003	243	0.017	0.003	260	0.017	0.003	265	0.015	0.004	253	0.014	0.004	83	0.016	0.004	1104
Female	0.015	0.003	249	0.015	0.003	244	0.014	0.003	259	0.013	0.003	222	0.011	0.003	78	0.014	0.003	1052
Total	0.016	0.003	492	0.016	0.003	504	0.015	0.004	524	0.014	0.004	475	0.013	0.004	161	0.015	0.004	2156

Vertical trunk excursion at right stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.057	0.011	243	0.056	0.010	260	0.056	0.011	265	0.051	0.012	253	0.047	0.012	83	0.054	0.012	1104
Female	0.049	0.009	249	0.048	0.009	244	0.046	0.011	259	0.044	0.011	222	0.038	0.011	78	0.046	0.011	1052
Total	0.053	0.011	492	0.052	0.010	504	0.051	0.012	524	0.047	0.012	475	0.043	0.012	161	0.050	0.012	2156

Standard deviation of the residual of vertical trunk excursion at left stride gait cycle during comfortable walking

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.017	0.003	237	0.017	0.003	253	0.017	0.003	266	0.015	0.004	253	0.014	0.004	80	0.016	0.004	1089
Female	0.015	0.003	249	0.014	0.003	245	0.014	0.003	252	0.013	0.003	222	0.011	0.004	78	0.014	0.003	1046
Total	0.016	0.003	486	0.016	0.003	498	0.015	0.004	518	0.014	0.004	475	0.013	0.004	158	0.015	0.004	2135

Vertical trunk excursion at left stride gait cycle during comfortable walking (m)

	40yr~49yr			50yr-59yr			60yr-69yr			70yr-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.057	0.011	237	0.055	0.011	253	0.055	0.011	266	0.050	0.012	253	0.048	0.013	80	0.054	0.012	1089
Female	0.049	0.010	249	0.048	0.009	245	0.046	0.011	252	0.042	0.010	222	0.037	0.011	78	0.046	0.011	1046
Total	0.053	0.011	486	0.052	0.011	498	0.051	0.012	518	0.046	0.012	475	0.043	0.013	158	0.050	0.012	2135

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.13	0.23	252	2.12	0.24	269	2.03	0.22	271	1.86	0.25	246	1.69	0.27	74	2.02	0.27	1112
Female	2.02	0.22	256	1.99	0.21	245	1.90	0.21	258	1.71	0.23	221	1.50	0.25	68	1.88	0.27	1048
Total	2.07	0.23	508	2.06	0.24	514	1.97	0.22	529	1.79	0.25	467	1.60	0.28	142	1.95	0.28	2160

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.10	0.24	250	2.10	0.27	266	2.00	0.24	269	1.81	0.26	245	1.65	0.27	73	1.98	0.29	1103
Female	1.99	0.23	256	1.96	0.22	243	1.86	0.23	257	1.67	0.25	218	1.46	0.25	68	1.85	0.28	1042
Total	2.04	0.25	506	2.03	0.26	509	1.93	0.24	526	1.74	0.26	463	1.56	0.28	141	1.92	0.29	2145

Mean velocity at 1 cycle during maximal walking (m/s)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.12	0.23	250	2.11	0.25	266	2.02	0.22	269	1.84	0.25	246	1.68	0.27	74	2.00	0.28	1105
Female	2.00	0.22	256	1.98	0.21	243	1.88	0.22	257	1.69	0.24	218	1.48	0.25	68	1.87	0.27	1042
Total	2.06	0.23	506	2.05	0.24	509	1.95	0.23	526	1.77	0.26	464	1.58	0.28	142	1.94	0.28	2147

Step length during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.86	0.06	244	0.85	0.07	256	0.83	0.07	261	0.79	0.08	244	0.74	0.08	73	0.83	0.08	1078
Female	0.76	0.06	257	0.75	0.06	244	0.73	0.07	256	0.69	0.07	217	0.63	0.07	66	0.73	0.07	1040
Total	0.81	0.08	501	0.80	0.08	500	0.78	0.08	517	0.74	0.09	461	0.69	0.09	139	0.78	0.09	2118

step frequency during maximal walking (Hz)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.45	0.23	239	2.45	0.21	247	2.42	0.24	258	2.32	0.20	243	2.27	0.22	71	2.40	0.23	1058
Female	2.62	0.23	249	2.61	0.25	234	2.56	0.23	249	2.46	0.24	211	2.36	0.29	67	2.55	0.25	1010
Total	2.53	0.24	488	2.53	0.24	481	2.49	0.24	507	2.39	0.23	454	2.31	0.26	138	2.47	0.25	2068

Stance time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.55	0.05	236	0.55	0.05	249	0.55	0.05	258	0.57	0.05	243	0.59	0.06	73	0.56	0.05	1059
Female	0.52	0.04	252	0.52	0.04	234	0.53	0.05	251	0.55	0.05	216	0.58	0.06	65	0.53	0.05	1018
Total	0.53	0.05	488	0.54	0.05	483	0.54	0.05	509	0.56	0.05	459	0.58	0.06	138	0.55	0.05	2077

Swing time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.33	0.03	239	0.33	0.03	246	0.33	0.03	254	0.33	0.03	240	0.33	0.03	67	0.33	0.03	1046
Female	0.30	0.02	247	0.30	0.03	230	0.31	0.02	251	0.31	0.03	200	0.32	0.03	60	0.30	0.03	988
Total	0.31	0.03	486	0.32	0.03	476	0.32	0.03	505	0.32	0.03	440	0.32	0.03	127	0.32	0.03	2034

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.12	0.02	234	0.12	0.02	246	0.12	0.02	252	0.13	0.02	241	0.13	0.02	70	0.12	0.02	1043
Female	0.11	0.02	254	0.11	0.02	244	0.12	0.02	249	0.13	0.02	218	0.13	0.02	64	0.12	0.02	1029
Total	0.12	0.02	488	0.12	0.02	490	0.12	0.02	501	0.13	0.02	459	0.13	0.02	134	0.12	0.02	2072

Cycle duration during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.87	0.08	241	0.87	0.08	255	0.88	0.07	260	0.90	0.07	239	0.92	0.08	69	0.88	0.08	1064
Female	0.82	0.06	251	0.82	0.07	231	0.84	0.07	250	0.86	0.07	206	0.90	0.08	62	0.84	0.07	1000
Total	0.85	0.07	492	0.85	0.08	486	0.86	0.07	510	0.88	0.07	445	0.91	0.08	131	0.86	0.08	2064

Stance time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	62.3	1.7	237	62.5	1.5	243	62.9	1.6	252	63.4	1.7	240	63.9	1.9	70	62.8	1.7	1042
Female	63.3	1.6	251	63.2	1.6	233	63.4	1.7	248	64.5	1.9	202	65.0	1.9	59	63.6	1.8	993
Total	62.8	1.7	488	62.8	1.6	476	63.1	1.7	500	63.9	1.9	442	64.4	2.0	129	63.2	1.8	2035

Swing time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.7	1.7	237	37.5	1.5	243	37.1	1.6	251	36.6	1.7	240	36.1	1.9	70	37.2	1.7	1041
Female	36.7	1.6	251	36.8	1.6	233	36.6	1.6	247	35.5	1.9	202	35.0	1.9	59	36.4	1.8	992
Total	37.2	1.7	488	37.2	1.6	476	36.9	1.6	498	36.1	1.9	442	35.6	2.0	129	36.8	1.8	2033

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.8	2.0	231	13.6	1.7	239	13.7	1.7	250	14.0	1.9	241	14.2	1.9	71	13.8	1.8	1032
Female	13.8	1.7	253	13.8	1.8	242	13.8	1.6	253	14.3	2.1	217	14.7	2.2	65	14.0	1.8	1030
Total	13.8	1.8	484	13.7	1.8	481	13.8	1.7	503	14.2	2.0	458	14.4	2.0	136	13.9	1.8	2062

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	52.7	5.3	234	52.7	5.9	254	52.8	5.7	249	50.6	6.4	240	48.6	6.3	72	52.0	6.0	1049
Female	49.3	4.7	254	49.7	5.5	242	49.2	5.7	253	47.6	6.4	211	43.8	6.5	66	48.7	5.8	1026
Total	50.9	5.3	488	51.2	5.9	496	51.0	6.0	502	49.2	6.6	451	46.3	6.8	138	50.3	6.1	2075

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.3	5.5	251	46.7	6.7	264	46.2	6.6	271	44.1	6.9	244	42.0	7.6	73	45.6	6.7	1103
Female	43.0	5.3	257	43.8	6.2	244	42.8	6.3	258	41.2	7.6	221	37.4	7.4	67	42.4	6.6	1047
Total	44.6	5.6	508	45.3	6.6	508	44.6	6.7	529	42.8	7.4	465	39.8	7.8	140	44.1	6.8	2150

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.0	4.6	240	54.9	5.4	260	54.5	5.5	259	53.0	5.9	240	50.9	6.0	71	54.1	5.5	1070
Female	52.2	4.7	254	52.6	5.1	242	51.8	5.3	256	50.7	6.1	211	47.6	5.8	64	51.6	5.4	1027
Total	53.6	4.8	494	53.8	5.4	502	53.2	5.5	515	51.9	6.1	451	49.3	6.1	135	52.9	5.6	2097

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.1	5.0	234	31.4	5.2	254	31.7	5.1	249	33.1	5.5	240	33.1	5.9	70	31.9	5.3	1047
Female	33.1	5.4	253	32.7	5.4	240	32.3	5.3	251	33.1	6.4	207	34.4	7.0	63	32.9	5.7	1014
Total	32.1	5.3	487	32.0	5.3	494	32.0	5.2	500	33.1	6.0	447	33.7	6.4	133	32.4	5.5	2061

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	60.7	5.4	241	60.6	5.2	255	60.4	5.4	265	61.3	5.3	241	59.2	5.8	73	60.6	5.4	1075
Female	60.1	4.8	253	60.2	4.9	238	60.2	5.1	252	60.7	5.3	218	59.8	5.6	66	60.2	5.0	1027
Total	60.4	5.1	494	60.4	5.1	493	60.3	5.2	517	61.0	5.3	459	59.5	5.7	139	60.4	5.2	2102

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.1	4.7	232	63.8	4.9	252	63.4	4.8	255	63.8	5.2	238	61.6	5.3	71	63.6	5.0	1048
Female	64.3	4.7	250	64.0	4.7	235	63.0	4.8	249	62.8	5.4	212	61.6	5.4	66	63.4	5.0	1012
Total	64.2	4.7	482	63.9	4.8	487	63.2	4.8	504	63.3	5.3	450	61.6	5.3	137	63.5	5.0	2060

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	35.8	8.6	241	34.2	9.5	267	33.4	9.3	260	33.2	7.7	242	29.3	7.9	73	33.8	8.9	1083
Female	35.8	6.8	254	36.6	7.0	243	34.9	7.5	256	32.4	7.3	214	29.7	5.7	66	34.7	7.4	1033
Total	35.8	7.7	495	35.4	8.5	510	34.1	8.5	516	32.8	7.5	456	29.5	6.9	139	34.2	8.2	2116

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.2	7.2	246	29.8	7.2	256	28.1	7.3	266	25.3	7.9	241	20.7	7.9	73	27.8	7.9	1082
Female	30.5	7.0	249	30.9	6.5	236	28.9	6.6	252	25.7	7.7	216	21.3	6.3	67	28.6	7.4	1020
Total	30.3	7.1	495	30.3	6.9	492	28.5	7.0	518	25.5	7.8	457	21.0	7.1	140	28.2	7.7	2102

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	39.1	6.6	234	38.0	7.0	254	36.8	6.7	256	35.4	7.1	237	32.1	6.8	71	37.0	7.1	1052
Female	38.4	6.2	245	39.0	5.8	234	37.3	6.4	249	34.9	6.5	209	32.1	5.7	65	37.1	6.5	1002
Total	38.7	6.4	479	38.5	6.4	488	37.0	6.6	505	35.2	6.8	446	32.1	6.3	136	37.0	6.8	2054

Peak extensor torque at ankle during maximal walking (Nm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	88.5	19.7	220	85.5	17.8	227	80.6	19.1	234	72.7	17.8	209	65.7	15.8	67	80.8	19.7	957
Female	65.9	13.9	225	62.7	14.7	221	59.7	10.8	225	55.3	12.2	185	52.2	10.0	56	60.6	13.5	912
Total	77.1	20.4	445	74.2	19.9	448	70.3	18.8	459	64.6	17.7	394	59.6	15.0	123	71.0	19.8	1869

Standard deviation of the residual of lateral trunk excursion at right stride gait cycle during maximal walking

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.007	0.002	240	0.008	0.002	259	0.008	0.002	264	0.009	0.002	243	0.009	0.002	68	0.008	0.002	1074
Female	0.006	0.002	250	0.006	0.002	242	0.006	0.002	256	0.006	0.002	215	0.008	0.002	65	0.006	0.002	1028
Total	0.007	0.002	490	0.007	0.002	501	0.007	0.002	520	0.008	0.002	458	0.008	0.003	133	0.007	0.002	2102

Lateral trunk excursion at right stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.029	0.008	241	0.031	0.008	259	0.032	0.008	264	0.034	0.009	243	0.035	0.010	68	0.032	0.008	1075
Female	0.023	0.006	249	0.023	0.007	242	0.023	0.007	256	0.024	0.007	215	0.029	0.010	65	0.024	0.007	1027
Total	0.026	0.008	490	0.027	0.009	501	0.028	0.009	520	0.029	0.009	458	0.032	0.010	133	0.028	0.009	2102

Maximal lateral trunk displacement of right direction at right stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.013	0.005	240	0.013	0.004	258	0.013	0.004	262	0.014	0.004	241	0.014	0.004	70	0.013	0.004	1071
Female	0.010	0.004	249	0.010	0.003	241	0.010	0.004	256	0.010	0.003	215	0.011	0.004	65	0.010	0.004	1026
Total	0.012	0.005	489	0.011	0.004	499	0.012	0.004	518	0.012	0.004	456	0.013	0.004	135	0.012	0.004	2097

Maximal lateral trunk displacement of left direction at right stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.016	0.006	241	-0.018	0.006	258	-0.018	0.006	262	-0.020	0.007	242	-0.021	0.008	68	-0.018	0.006	1071
Female	-0.013	0.004	249	-0.013	0.005	242	-0.013	0.005	256	-0.014	0.006	215	-0.018	0.007	65	-0.014	0.005	1027
Total	-0.014	0.005	490	-0.016	0.006	500	-0.016	0.006	518	-0.017	0.007	457	-0.020	0.008	133	-0.016	0.006	2098

Standard deviation of the residual of lateral trunk excursion at left stride gait cycle during maximal walking

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.008	0.002	223	0.008	0.002	234	0.008	0.002	248	0.009	0.002	221	0.009	0.003	67	0.008	0.002	993
Female	0.006	0.002	241	0.006	0.002	231	0.006	0.002	244	0.006	0.002	215	0.007	0.002	62	0.006	0.002	993
Total	0.007	0.002	464	0.007	0.002	465	0.007	0.002	492	0.008	0.002	436	0.008	0.003	129	0.007	0.002	1986

Lateral trunk excursion at left stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.028	0.009	223	0.029	0.009	237	0.031	0.009	248	0.034	0.009	221	0.035	0.010	67	0.031	0.009	996
Female	0.022	0.006	242	0.023	0.007	231	0.022	0.007	245	0.025	0.008	216	0.029	0.009	62	0.023	0.007	996
Total	0.025	0.008	465	0.026	0.009	468	0.027	0.009	493	0.029	0.010	437	0.032	0.010	129	0.027	0.009	1992

Maximal lateral trunk displacement of right direction at left stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.016	0.006	224	0.017	0.006	237	0.019	0.006	247	0.020	0.007	219	0.021	0.007	67	0.018	0.007	994
Female	0.013	0.005	242	0.013	0.005	231	0.013	0.005	245	0.015	0.006	216	0.018	0.007	62	0.014	0.006	996
Total	0.014	0.006	466	0.015	0.006	468	0.016	0.006	492	0.018	0.007	435	0.019	0.007	129	0.016	0.007	1990

Maximal lateral trunk displacement of left direction at left stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.012	0.004	221	-0.012	0.004	235	-0.012	0.004	248	-0.013	0.004	225	-0.014	0.005	67	-0.012	0.004	996
Female	-0.009	0.004	242	-0.009	0.003	230	-0.009	0.003	245	-0.010	0.004	216	-0.011	0.004	64	-0.009	0.004	997
Total	-0.010	0.004	463	-0.010	0.004	465	-0.011	0.004	493	-0.012	0.004	441	-0.013	0.005	131	-0.011	0.004	1993

Forward trunk excursion at right stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.82	0.20	239	1.81	0.19	259	1.75	0.18	261	1.66	0.18	243	1.55	0.19	70	1.75	0.21	1072
Female	1.63	0.13	249	1.63	0.20	240	1.56	0.19	255	1.46	0.20	212	1.36	0.22	64	1.56	0.20	1020
Total	1.72	0.19	488	1.73	0.21	499	1.66	0.21	516	1.57	0.21	455	1.46	0.22	134	1.66	0.22	2092

Forward trunk excursion at left stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.76	0.28	221	1.71	0.33	233	1.70	0.27	249	1.62	0.23	224	1.56	0.26	68	1.69	0.29	995
Female	1.64	0.21	241	1.63	0.23	230	1.57	0.19	245	1.47	0.22	216	1.35	0.26	64	1.57	0.23	996
Total	1.70	0.25	462	1.67	0.29	463	1.64	0.24	494	1.55	0.24	440	1.46	0.28	132	1.63	0.27	1991

Standard deviation of the residual of vertical trunk excursion at right stride gait cycle during maximal walking

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.017	0.004	241	0.017	0.005	259	0.018	0.004	264	0.017	0.004	244	0.016	0.004	71	0.017	0.004	1079
Female	0.014	0.004	250	0.013	0.004	242	0.014	0.004	256	0.013	0.004	215	0.012	0.004	65	0.013	0.004	1028
Total	0.016	0.005	491	0.016	0.005	501	0.016	0.005	520	0.015	0.004	459	0.014	0.004	136	0.015	0.005	2107

Vertical trunk excursion at right stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.058	0.015	241	0.058	0.015	259	0.060	0.014	264	0.057	0.013	244	0.055	0.012	71	0.058	0.014	1079
Female	0.045	0.013	250	0.045	0.014	242	0.045	0.013	256	0.044	0.013	215	0.041	0.013	65	0.045	0.013	1028
Total	0.051	0.015	491	0.052	0.016	501	0.053	0.015	520	0.051	0.015	459	0.048	0.015	136	0.052	0.015	2107

Standard deviation of the residual of vertical trunk excursion at left stride gait cycle during maximal walking

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.017	0.005	224	0.017	0.005	237	0.018	0.004	249	0.017	0.004	225	0.017	0.004	70	0.017	0.004	1005
Female	0.014	0.004	242	0.014	0.004	231	0.013	0.004	245	0.013	0.004	216	0.012	0.004	64	0.013	0.004	998
Total	0.016	0.004	466	0.016	0.005	468	0.016	0.005	494	0.015	0.004	441	0.014	0.005	134	0.015	0.005	2003

Vertical trunk excursion at left stride gait cycle during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.057	0.015	224	0.057	0.015	237	0.060	0.014	249	0.056	0.013	225	0.055	0.013	70	0.057	0.014	1005
Female	0.046	0.012	242	0.045	0.014	231	0.045	0.013	245	0.044	0.012	216	0.039	0.014	64	0.045	0.013	998
Total	0.051	0.014	466	0.051	0.016	468	0.052	0.015	494	0.050	0.014	441	0.047	0.015	134	0.051	0.015	2003

#### 4) Stabilometry (NEC Co.)

Stabilometry - sway area with eyes open (cm<sup>2</sup>)

	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	2.84	1.16	257	2.97	1.38	275	3.12	1.46	278	3.96	1.90	268	4.16	1.73	94	3.30	1.59	1172
Female	2.46	1.14	261	2.64	1.14	249	3.07	1.29	272	3.58	1.87	248	4.38	2.38	93	3.05	1.60	1123
Total	2.65	1.16	518	2.81	1.28	524	3.10	1.38	550	3.77	1.89	516	4.27	2.07	187	3.18	1.60	2295

Stabilometry - total power spectram X with eyes open (cm<sup>2</sup>)

	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	0.38	0.23	257	0.39	0.27	275	0.40	0.29	278	0.51	0.29	268	0.56	0.30	94	0.43	0.28	1172
Female	0.32	0.21	261	0.34	0.22	249	0.39	0.21	272	0.47	0.33	248	0.58	0.34	93	0.40	0.27	1123
Total	0.35	0.22	518	0.37	0.25	524	0.39	0.26	550	0.49	0.31	516	0.57	0.32	187	0.41	0.28	2295



Stabilometry – total power spectram Y with eyes open (cm<sup>2</sup>)

	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	0.66	0.37	257	0.74	0.57	275	0.71	0.48	278	0.76	0.53	268	0.72	0.43	94	0.72	0.49	1172
Female	0.65	0.53	261	0.64	0.49	249	0.67	0.47	272	0.68	0.52	248	0.66	0.49	93	0.66	0.50	1123
Total	0.66	0.46	518	0.69	0.53	524	0.69	0.48	550	0.72	0.53	516	0.69	0.46	187	0.69	0.50	2295

Stabilometry – center coodainates X with eyes open (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	0.20	1.23	257	0.15	1.25	275	0.15	1.16	278	0.20	1.19	268	0.54	1.01	94	0.20	1.19	1172
Female	0.13	0.88	261	0.25	0.72	249	0.36	0.73	272	0.25	1.12	248	0.34	0.85	93	0.26	0.87	1123
Total	0.16	1.06	518	0.20	1.03	524	0.25	0.98	550	0.22	1.15	516	0.44	0.94	187	0.23	1.05	2295

Stabilometry – center coodainates Y with eyes open (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	-0.61	9.68	257	-0.88	8.54	275	-0.86	8.66	278	-0.73	9.41	268	2.62	26.38	94	-0.50	11.47	1172
Female	-0.49	12.08	261	-0.89	11.99	249	-1.57	9.34	272	-1.30	9.23	248	-2.68	1.30	93	-1.20	10.29	1123
Total	-0.55	10.95	518	-0.88	10.32	524	-1.21	9.00	550	-1.01	9.32	516	-0.02	18.87	187	-0.84	10.91	2295

Stabilometry – anterior-posterior length with eyes open (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	2.78	0.69	257	2.84	0.79	275	2.92	0.79	278	3.10	0.86	268	3.07	0.84	94	2.92	0.80	1172
Female	2.67	0.79	261	2.69	0.76	249	2.84	0.74	272	2.91	0.85	248	2.99	0.85	93	2.80	0.80	1123
Total	2.72	0.74	518	2.77	0.78	524	2.88	0.77	550	3.00	0.86	516	3.03	0.84	187	2.86	0.80	2295

Stabilometry – medio-lateral length with eyes open (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	2.31	0.63	257	2.33	0.70	275	2.38	0.75	278	2.75	0.82	268	2.86	0.86	94	2.47	0.77	1172
Female	2.06	0.63	261	2.20	0.60	249	2.37	0.65	272	2.63	0.85	248	2.92	0.84	93	2.36	0.75	1123
Total	2.19	0.64	518	2.26	0.66	524	2.37	0.70	550	2.69	0.84	516	2.89	0.85	187	2.42	0.76	2295

Stabilometry – total path length with eyes open (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	79.9	18.7	257	83.8	22.1	275	90.0	26.7	278	101.2	29.0	268	111.8	41.4	94	90.6	28.0	1172
Female	70.8	17.7	261	76.3	19.1	249	85.4	21.2	272	93.1	26.5	248	114.8	46.8	93	84.1	27.3	1123
Total	75.3	18.7	518	80.2	21.0	524	87.7	24.2	550	97.3	28.1	516	113.3	44.1	187	87.4	27.9	2295

Stabilometry – sway area area with eyes closed (cm<sup>2</sup>)

	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	3.84	2.01	254	4.03	2.28	272	4.41	2.70	275	6.12	4.23	265	7.55	4.73	92	4.84	3.32	1158
Female	2.97	1.50	253	3.41	1.77	244	4.19	2.46	268	5.20	3.38	244	6.19	5.25	89	4.12	2.91	1098
Total	3.41	1.83	507	3.74	2.08	516	4.30	2.58	543	5.68	3.87	509	6.88	5.03	181	4.49	3.15	2256

Stabilometry – total power spectram X with eyes closed (cm<sup>2</sup>)

	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	0.44	0.31	254	0.45	0.31	272	0.48	0.35	275	0.70	0.54	265	0.87	0.56	92	0.54	0.43	1158
Female	0.34	0.21	253	0.39	0.22	244	0.48	0.36	268	0.63	0.54	244	0.73	0.71	89	0.48	0.42	1098
Total	0.39	0.27	507	0.42	0.27	516	0.48	0.36	543	0.66	0.54	509	0.80	0.64	181	0.51	0.42	2256

Stabilometry – total power spectram Y with eyes closed (cm<sup>2</sup>)

	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	0.63	0.47	254	0.61	0.36	272	0.66	0.43	275	0.88	0.67	265	0.98	0.58	92	0.72	0.52	1158
Female	0.48	0.31	253	0.52	0.36	244	0.63	0.47	268	0.72	0.57	244	0.72	0.49	89	0.60	0.45	1098
Total	0.55	0.41	507	0.57	0.36	516	0.64	0.45	543	0.80	0.63	509	0.86	0.55	181	0.66	0.49	2256

Stabilometry – center coodainates 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	0.12	1.20	254	0.06	1.21	272	0.06	1.14	275	0.10	1.17	265	0.47	0.98	92	0.12	1.17	1158
Female	0.21	0.68	253	0.20	0.65	244	0.33	0.65	268	0.21	1.07	244	0.30	0.85	89	0.24	0.79	1098
Total	0.16	0.98	507	0.13	0.98	516	0.19	0.94	543	0.16	1.13	509	0.39	0.92	181	0.18	1.00	2256

Stabilometry – center coodainates 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	-1.12	1.82	254	-1.26	1.84	272	-1.19	1.84	275	-1.22	1.79	265	-0.92	1.50	92	-1.18	1.80	1158
Female	-2.31	1.16	253	-2.12	1.26	244	-2.01	1.23	268	-2.07	1.78	244	-2.27	1.23	89	-2.14	1.36	1098
Total	-1.71	1.64	507	-1.66	1.65	516	-1.59	1.62	543	-1.63	1.83	509	-1.58	1.53	181	-1.64	1.67	2256

Stabilometry – anterior-posterior 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	3.06	0.93	254	3.07	0.82	272	3.19	0.95	275	3.65	1.21	265	3.91	1.22	92	3.30	1.05	1158
Female	2.60	0.78	253	2.75	0.76	244	3.07	0.97	268	3.32	1.15	244	3.55	1.97	89	2.99	1.10	1098

Total 2.83 0.89 507 2.92 0.81 516 3.13 0.96 543 3.49 1.19 509 3.73 1.64 181 3.15 1.08 2256

Stabilometry – medio-lateral 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	2.66	0.84	254	2.67	0.90	272	2.74	0.96	275	3.33	1.11	265	3.73	1.29	92	2.92	1.05	1158
Female	2.33	0.70	253	2.46	0.68	244	2.77	0.85	268	3.09	1.13	244	3.43	1.54	89	2.72	1.00	1098
Total	2.49	0.79	507	2.57	0.81	516	2.75	0.91	543	3.22	1.13	509	3.59	1.42	181	2.82	1.03	2256

Stabilometry – total path 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	105.4	29.6	254	113.6	37.1	272	124.0	45.3	275	144.7	61.0	265	178.7	86.7	92	126.5	53.6	1158
Female	89.3	21.9	253	99.1	27.2	244	111.3	32.7	268	126.6	43.1	244	146.0	59.4	89	109.7	39.0	1098
Total	97.4	27.2	507	106.7	33.5	516	117.7	40.0	543	136.0	53.9	509	162.6	76.1	181	118.4	47.8	2256

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	2216.7	211.5	233	2137.4	228.9	259	1970.8	222.2	263	1776.2	186.6	246	1548.7	186.6	82	1987.4	293.3	1083
Female	1729.0	161.1	251	1706.9	174.5	237	1635.4	151.0	261	1502.7	135.4	224	1354.0	156.0	78	1624.7	192.7	1051
Total	1963.8	307.3	484	1931.7	296.9	496	1803.7	253.5	524	1645.9	213.6	470	1453.8	197.6	160	1808.8	307.9	2134

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	290.8	123.6	233	308.1	425.9	259	295.6	736.4	263	197.6	114.0	246	151.6	169.5	82	264.4	431.0	1083
Female	207.3	79.7	251	211.4	77.2	237	203.3	81.5	261	150.6	67.8	224	109.1	70.0	78	187.9	82.9	1051
Total	247.5	111.2	484	261.9	315.8	496	249.6	526.4	524	175.2	97.6	470	130.9	132.2	160	226.7	314.7	2134

Electric pedometers – steps average (step)

	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	9338	3411	233	9532	3394	259	9027	3843	263	7680	3819	246	5893	2737	82	8671	3714	1083
Female	8988	2702	251	9278	2901	237	9250	3115	261	7267	2763	224	5783	2606	78	8514	3059	1051
Total	9157	3066	484	9411	3168	496	9138	3498	524	7483	3360	470	5839	2666	160	8594	3407	2134

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	69	27.0	104	38.0	173	62.7	205	76.2	74	77.1	625	53.4
	Female	65	24.8	106	42.6	167	61.6	162	65.1	63	64.3	563	49.9
	Total	134	25.9	210	40.2	340	62.2	367	70.8	137	70.6	1188	51.7
4.5METs	Male	77	30.1	89	32.5	112	40.6	87	32.3	16	16.7	381	32.5
	Female	74	28.2	70	28.1	92	33.9	74	29.7	17	17.3	327	29.0
	Total	151	29.2	159	30.4	204	37.3	161	31.1	33	17.0	708	30.8
6.5METs	Male	35	13.7	23	8.4	19	6.9	3	1.1	0	0.0	80	6.8
	Female	12	4.6	7	2.8	3	1.1	0	0.0	0	0.0	22	1.9
	Total	47	9.1	30	5.7	22	4.0	3	0.6	0	0.0	102	4.4
8.5METs	Male	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0
Total	Male	256	100.0	274	100.0	276	100.0	269	100.0	96	100.0	1171	100.0
	Female	262	100.0	249	100.0	271	100.0	249	100.0	98	100.0	1129	100.0
	Total	518	100.0	523	100.0	547	100.0	518	100.0	194	100.0	2300	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	4.3	10.3	256	9.1	18.0	274	30.0	43.9	276	40.9	48.1	269	40.7	53.1	95	22.9	39.3	1170
Female	3.9	10.2	262	11.4	22.8	249	20.0	33.5	271	23.6	31.2	249	25.3	31.5	97	15.6	27.7	1128
Total	4.1	10.2	518	10.2	20.4	523	25.1	39.4	547	32.6	41.7	518	32.9	44.1	192	19.3	34.3	2298

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	8.2	18.3	256	10.3	23.4	274	18.7	42.5	276	21.0	45.1	269	10.6	43.2	95	14.3	35.7	1170
Female	7.9	17.8	262	10.4	24.6	249	14.4	31.7	271	13.0	33.3	249	5.5	18.7	97	11.0	27.0	1128
Total	8.1	18.0	518	10.3	24.0	523	16.6	37.6	547	17.2	40.0	518	8.1	33.2	192	12.7	31.8	2298

Leisure-time physical activity score (6.5METs) (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	5.1	18.7	256	3.0	15.1	274	2.8	13.3	276	0.2	1.8	269	0.0	0.0	95	2.5	13.2	1170
Female	1.8	10.4	262	1.0	7.1	249	0.9	12.6	271	0.0	0.0	249	0.0	0.0	97	0.9	8.7	1128
Total	3.4	15.2	518	2.1	12.0	523	1.9	13.0	547	0.1	1.3	518	0.0	0.0	192	1.7	11.3	2298

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	0.1	1.9	256	0.0	0.0	274	0.0	0.0	276	0.0	0.0	269	0.0	0.0	95	0.0	0.9	1170

Female	0.0	0.0	262	0.0	0.0	249	0.0	0.0	271	0.0	0.0	249	0.0	0.0	97	0.0	0.0	1128
Total	0.1	1.3	518	0.0	0.0	523	0.0	0.0	547	0.0	0.0	518	0.0	0.0	192	0.0	0.6	2298

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	17.8	28.6	256	22.4	33.7	274	51.6	61.5	276	62.1	63.3	269	51.4	64.8	95	39.7	54.1	1170
Female	13.6	22.4	262	22.8	36.5	249	35.3	46.3	271	36.6	43.6	249	30.8	35.7	97	27.4	39.2	1128
Total	15.7	25.7	518	22.6	35.0	523	43.5	55.0	547	49.8	56.2	518	41.0	53.0	192	33.7	47.7	2298

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	72.6	110.0	256	106.6	152.5	274	276.9	328.7	276	350.8	348.8	269	310.9	372.5	95	212.1	292.6	1170
Female	60.0	94.4	262	117.0	185.9	249	189.1	245.0	271	205.4	232.3	249	189.2	217.2	97	146.8	207.9	1128
Total	66.2	102.5	518	111.5	169.1	523	233.4	293.3	547	280.9	307.0	518	249.4	309.4	192	180.0	256.6	2298

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	0.05	0.08	256	0.07	0.10	274	0.15	0.18	276	0.18	0.19	269	0.15	0.19	95	0.12	0.16	1170
Female	0.04	0.07	262	0.07	0.11	249	0.11	0.14	271	0.11	0.13	249	0.09	0.11	97	0.08	0.12	1128
Total	0.05	0.08	518	0.07	0.10	523	0.13	0.16	547	0.15	0.17	518	0.12	0.16	192	0.10	0.14	2298

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	256	0.3	0.5	274	0.8	1.0	276	1.0	1.0	269	0.9	1.1	95	0.6	0.9	1170
Female	0.2	0.3	262	0.3	0.6	249	0.6	0.7	271	0.6	0.7	249	0.6	0.6	97	0.4	0.6	1128
Total	0.2	0.3	518	0.3	0.5	523	0.7	0.9	547	0.8	0.9	518	0.7	0.9	192	0.5	0.8	2298

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	255	99.6	272	99.3	250	90.6	198	73.6	57	59.4	1032	88.1
	Female	257	98.1	245	98.4	258	95.2	229	92.0	77	78.6	1066	94.4
	Total	512	98.8	517	98.9	508	92.9	427	82.4	134	69.1	2098	91.2
2.5METs	Male	247	96.5	263	96.0	254	92.0	216	80.3	69	71.9	1049	89.6
	Female	262	100.0	249	100.0	271	100.0	249	100.0	97	99.0	1128	99.9
	Total	509	98.3	512	97.9	525	96.0	465	89.8	166	85.6	2177	94.7
4.5METs	Male	87	34.0	101	36.9	93	33.7	99	36.8	32	33.3	412	35.2
	Female	188	71.8	180	72.3	203	74.9	175	70.3	53	54.1	799	70.8
	Total	275	53.1	281	53.7	296	54.1	274	52.9	85	43.8	1211	52.7

7.5METs	Male	21	8.2	28	10.2	19	6.9	5	1.9	1	1.0	74	6.3
	Female	7	2.7	4	1.6	6	2.2	1	0.4	0	0.0	18	1.6
	Total	28	5.4	32	6.1	25	4.6	6	1.2	1	0.5	92	4.0
Total	Male	256	100.0	274	100.0	276	100.0	269	100.0	96	100.0	1171	100.0
	Female	262	100.0	249	100.0	271	100.0	249	100.0	98	100.0	1129	100.0
	Total	518	100.0	523	100.0	547	100.0	518	100.0	194	100.0	2300	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	161.1	80.0	256	143.4	81.9	274	72.1	75.0	276	18.6	35.2	269	7.3	17.3	95	90.7	90.4	1170
Female	68.1	64.2	262	55.9	60.0	249	30.5	45.4	271	14.9	23.2	249	11.8	21.0	97	39.8	53.5	1128
Total	114.1	86.1	518	101.7	84.5	523	51.5	65.4	547	16.8	30.1	518	9.5	19.3	192	65.7	78.8	2298

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	118.7	106.7	256	115.7	101.4	274	87.8	93.6	276	54.7	77.4	269	37.0	59.9	95	89.4	97.3	1170
Female	214.4	90.7	262	213.0	96.4	249	175.3	85.4	271	131.3	71.0	249	103.1	58.8	97	176.8	93.0	1128
Total	167.1	109.8	518	162.1	110.3	523	131.1	99.7	547	91.5	83.6	518	70.4	67.8	192	132.3	104.7	2298

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	33.2	110.9	256	34.1	98.8	274	18.8	63.2	276	13.2	40.8	269	6.5	17.2	95	23.2	80.0	1170
Female	17.1	39.6	262	18.9	43.0	249	16.6	32.7	271	12.7	25.2	249	11.9	32.5	97	15.9	35.5	1128
Total	25.0	83.2	518	26.8	77.7	523	17.7	50.4	547	13.0	34.2	518	9.2	26.1	192	19.7	62.4	2298

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	8.2	52.0	256	5.8	27.2	274	5.7	51.4	276	2.5	32.5	269	0.4	3.8	95	5.1	40.4	1170
Female	0.7	7.0	262	0.3	3.0	249	0.3	2.5	271	0.0	0.2	249	0.0	0.0	97	0.3	3.9	1128
Total	4.4	37.0	518	3.2	20.0	523	3.0	36.6	547	1.3	23.4	518	0.2	2.7	192	2.7	29.1	2298

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	321.6	117.2	256	299.0	105.6	274	184.4	139.0	276	88.9	114.9	269	51.1	69.1	95	208.5	154.0	1170
Female	300.4	93.6	262	288.1	101.1	249	222.7	105.1	271	159.0	80.7	249	126.8	77.4	97	232.9	113.1	1128
Total	310.9	106.4	518	293.8	103.5	523	203.4	124.7	547	122.6	105.8	518	89.3	82.4	192	220.5	136.0	2298

## 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	2724.3	577.2	256	2504.2	612.9	274	1468.8	1007	276	625.5	764.0	269	352.2	467.2	95	1701.4	1165	1170
Female	2251.1	727.9	262	2111.8	759.1	249	1569.6	778.4	271	1088.2	566.7	249	862.2	514.4	97	1680.5	861.8	1128
Total	2485.0	698.5	518	2317.4	713.2	523	1518.7	901.8	547	847.9	714.3	518	609.9	553.0	192	1691.1	1027	2298

## 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	0.96	0.35	256	0.89	0.31	274	0.55	0.41	276	0.26	0.34	269	0.15	0.21	95	0.62	0.46	1170
Female	0.89	0.28	262	0.86	0.30	249	0.66	0.31	271	0.47	0.24	249	0.38	0.23	97	0.69	0.34	1128
Total	0.93	0.32	518	0.87	0.31	523	0.61	0.37	547	0.36	0.31	518	0.27	0.25	192	0.66	0.40	2298

## 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	8.1	1.7	256	7.5	1.8	274	4.4	3.0	276	1.9	2.3	269	1.0	1.4	95	5.1	3.5	1170
Female	6.7	2.2	262	6.3	2.3	249	4.7	2.3	271	3.2	1.7	249	2.6	1.5	97	5.0	2.6	1128
Total	7.4	2.1	518	6.9	2.1	523	4.5	2.7	547	2.5	2.1	518	1.8	1.6	192	5.0	3.1	2298

## 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	272.7	46.8	256	283.1	53.9	274	343.1	80.3	276	394.1	69.6	269	403.4	54.6	95	330.3	81.7	1170
Female	321.9	67.1	262	322.1	65.0	249	350.0	66.0	271	377.1	58.7	249	395.7	58.9	97	347.2	69.0	1128
Total	297.6	62.9	518	301.7	62.5	523	346.5	73.6	547	385.9	65.1	518	399.5	56.8	192	338.6	76.2	2298

## 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	9.0	1.5	256	9.4	1.8	274	11.3	2.7	276	13.0	2.3	269	13.3	1.8	95	10.9	2.7	1170
Female	10.6	2.2	262	10.7	2.2	249	11.6	2.2	271	12.5	1.9	249	13.1	1.9	97	11.5	2.3	1128
Total	9.8	2.1	518	10.0	2.1	523	11.5	2.4	547	12.8	2.2	518	13.2	1.9	192	11.2	2.5	2298

## 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	256	6.9	0.9	274	7.5	1.2	276	8.1	1.2	269	8.7	1.2	95	7.4	1.3	1170
Female	6.5	1.2	262	6.7	0.9	249	7.2	1.0	271	7.7	1.0	249	7.8	1.4	97	7.1	1.2	1128
Total	6.6	1.1	518	6.8	0.9	523	7.3	1.1	547	7.9	1.1	518	8.2	1.3	192	7.2	1.2	2298

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	100.7	13.8	256	103.8	13.4	274	112.8	18.3	276	121.9	18.4	269	131.3	17.5	95	111.6	19.0	1170
Female	97.9	18.5	262	101.6	13.7	249	108.7	15.0	271	116.1	15.3	249	117.7	20.8	97	107.0	17.8	1128
Total	99.3	16.4	518	102.7	13.6	523	110.8	16.9	547	119.1	17.2	518	124.5	20.3	192	109.4	18.6	2298

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	712.8	97.7	256	708.4	84.9	274	691.9	79.1	276	667.0	66.3	269	637.2	51.0	95	690.2	83.6	1170
Female	733.8	53.8	262	734.5	53.3	249	716.7	51.0	271	688.8	47.7	249	671.0	46.7	97	714.5	55.6	1128
Total	723.4	79.2	518	720.8	72.7	523	704.2	67.8	547	677.5	59.0	518	654.3	51.6	192	702.1	72.3	2298

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	2.12	0.29	256	2.11	0.25	274	2.06	0.24	276	1.99	0.20	269	1.90	0.15	95	2.05	0.25	1170
Female	2.18	0.16	262	2.19	0.16	249	2.13	0.15	271	2.05	0.14	249	2.00	0.14	97	2.13	0.17	1128
Total	2.15	0.24	518	2.15	0.22	523	2.10	0.20	547	2.02	0.18	518	1.95	0.15	192	2.09	0.22	2298

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	256	1.5	0.2	274	1.4	0.2	276	1.4	0.1	269	1.3	0.1	95	1.4	0.2	1170
Female	1.5	0.1	262	1.5	0.1	249	1.5	0.1	271	1.4	0.1	249	1.4	0.1	97	1.5	0.1	1128
Total	1.5	0.2	518	1.5	0.2	523	1.5	0.1	547	1.4	0.1	518	1.4	0.1	192	1.5	0.1	2298

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	256	1.8	0.2	274	1.7	0.2	276	1.7	0.2	269	1.6	0.1	95	1.7	0.2	1170
Female	1.8	0.1	262	1.8	0.1	249	1.8	0.1	271	1.7	0.1	249	1.7	0.1	97	1.8	0.1	1128
Total	1.8	0.2	518	1.8	0.2	523	1.8	0.2	547	1.7	0.2	518	1.7	0.1	192	1.8	0.2	2298