

Left leg lean weight (kg)

	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	8.558	1.199	166	8.151	1.143	210	7.667	0.885	222	7.183	0.905	194	6.659	1.007	33	7.816	1.164	825
Female	5.983	0.927	188	5.748	0.753	187	5.601	0.727	194	5.253	0.666	193	4.986	0.687	23	5.624	0.820	785
Total	7.191	1.669	354	7.019	1.549	397	6.704	1.314	416	6.220	1.251	387	5.972	1.212	56	6.747	1.491	1610

Right leg fat weight (kg)

	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	2.066	0.678	166	2.026	0.640	210	1.921	0.592	222	1.910	0.583	194	2.033	0.631	33	1.979	0.624	825
Female	2.907	0.746	188	2.782	0.701	187	2.607	0.725	194	2.560	0.761	193	2.233	0.828	23	2.698	0.752	785
Total	2.513	0.828	354	2.382	0.768	397	2.241	0.741	416	2.234	0.751	387	2.115	0.718	56	2.329	0.777	1610

Right leg lean weight (kg)

	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	8.724	1.215	166	8.287	1.144	210	7.819	0.916	222	7.321	0.926	194	6.901	1.009	33	7.966	1.176	825
Female	6.076	0.930	188	5.858	0.785	187	5.702	0.742	194	5.340	0.744	193	5.011	0.690	23	5.719	0.850	785
Total	7.318	1.703	354	7.143	1.566	397	6.832	1.349	416	6.333	1.299	387	6.124	1.290	56	6.871	1.524	1610

Total fat weight (kg)

	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	4.0	166	13.9	4.4	210	13.5	4.0	222	13.0	4.0	194	13.6	4.4	33	13.5	4.1	825
Female	15.6	4.6	188	16.7	4.3	187	16.7	4.1	194	16.6	4.6	193	13.5	4.0	23	16.3	4.4	785
Total	14.8	4.4	354	15.2	4.5	397	14.9	4.4	416	14.8	4.7	387	13.5	4.2	56	14.9	4.5	1610

Lean body weight (kg)

	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	53.8	6.4	166	52.3	6.0	210	49.5	4.7	222	46.7	5.1	194	44.3	5.0	33	50.2	6.2	825
Female	38.5	4.6	188	37.7	3.9	187	36.5	3.8	194	34.7	3.9	193	32.3	3.6	23	36.7	4.4	785
Total	45.7	9.4	354	45.4	8.9	397	43.4	7.8	416	40.7	7.5	387	39.3	7.4	56	43.6	8.6	1610

Percent body fat (%)

	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	20.1	4.2	166	20.7	4.6	210	21.1	4.7	222	21.4	4.7	194	23.0	4.9	33	20.9	4.6	825
Female	28.4	4.9	188	30.3	4.9	187	31.0	4.5	194	31.9	5.1	193	28.9	4.6	23	30.4	5.0	785
Total	24.5	6.2	354	25.2	6.7	397	25.7	6.8	416	26.7	7.2	387	25.4	5.6	56	25.5	6.7	1610

2. Body fluid volume by multi-frequency impedance method

Extra-cellular fluid by multi-frequency impedance method (l)

	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	16.6	2.1	172	16.5	2.1	214	15.7	1.8	225	14.9	1.9	197	14.6	1.9	35	15.9	2.1	843
Female	12.2	1.6	195	12.3	1.4	189	12.0	1.4	196	11.5	1.4	199	10.5	1.4	24	11.9	1.5	803
Total	14.3	2.8	367	14.5	2.8	403	14.0	2.5	421	13.2	2.4	396	13.0	2.7	59	14.0	2.7	1646

Intra-cellular fluid by multi-frequency impedance method (l)

	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	22.6	3.6	172	21.2	3.1	214	19.4	2.8	225	16.9	2.6	197	15.6	2.5	35	19.8	3.7	843
Female	14.1	2.2	195	13.8	1.9	189	13.2	2.0	196	11.9	1.7	199	10.5	1.8	24	13.2	2.2	803
Total	18.1	5.2	367	17.7	4.5	403	16.5	3.9	421	14.4	3.4	396	13.5	3.4	59	16.5	4.5	1646

3) Thickness of subcutaneous fat, preperitoneal fat, and muscle tissue

Thickness of subcutaneous fat at anterior upper-arm (mm)

	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	3.1	1.3	172	2.9	1.3	216	2.8	1.2	227	2.6	1.0	200	2.7	0.9	35	2.9	1.2	850
Female	4.5	2.4	195	4.2	1.6	189	4.4	1.8	197	4.2	1.7	202	3.1	1.1	24	4.3	1.9	807
Total	3.8	2.1	367	3.5	1.5	405	3.6	1.7	424	3.4	1.6	402	2.8	1.0	59	3.5	1.7	1657

Thickness of musculus biceps brachii and brachialis (mm)

	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	26.4	5.0	172	25.7	4.4	216	25.0	4.1	227	23.2	4.1	200	21.7	4.9	35	24.9	4.6	850
Female	19.1	3.9	195	19.9	3.4	189	19.1	3.8	197	18.2	3.5	202	16.7	2.9	24	19.0	3.7	807
Total	22.6	5.7	367	23.0	4.9	405	22.3	4.9	424	20.7	4.6	402	19.7	4.9	59	22.0	5.1	1657

Thickness of subcutaneous fat at forearm (mm)

	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	3.2	1.0	172	3.3	1.2	216	3.2	1.1	227	3.1	1.0	200	3.3	1.2	35	3.2	1.1	850
Female	3.9	1.3	195	3.9	1.4	189	4.1	1.7	197	3.8	1.6	202	3.0	1.1	24	3.9	1.5	807
Total	3.6	1.3	367	3.6	1.3	405	3.6	1.5	424	3.4	1.4	402	3.2	1.1	59	3.5	1.4	1657

Thickness of musculus brachioradialis (mm)

	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	20.0	3.3	172	18.3	2.8	216	17.9	3.1	227	16.5	3.3	200	15.5	3.0	35	18.0	3.4	850
Female	15.4	2.8	195	14.8	2.6	189	14.7	3.0	197	14.0	2.8	202	12.7	1.9	24	14.7	2.8	807
Total	17.6	3.8	367	16.7	3.2	405	16.4	3.4	424	15.3	3.3	402	14.4	2.9	59	16.4	3.5	1657

Thickness of subcutaneous fat at right of umbilicus (mm)

	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	16.4	6.4	172	15.7	5.7	216	14.5	5.1	227	13.1	5.2	200	12.4	4.2	35	14.8	5.7	850
Female	19.7	9.2	195	22.4	8.2	189	23.6	7.9	197	21.9	8.4	202	15.6	5.3	24	21.7	8.5	807
Total	18.1	8.2	367	18.8	7.7	405	18.7	8.0	424	17.5	8.3	402	13.7	4.9	59	18.1	8.0	1657

Thickness of musculus rectus abdominis at right of umbilicus (mm)

	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	11.4	1.9	172	10.8	1.9	216	9.9	1.8	227	9.2	1.8	200	8.9	1.5	35	10.2	2.0	850
Female	8.7	1.8	195	8.1	1.5	189	7.7	1.5	197	7.3	1.8	202	6.6	1.8	24	7.9	1.8	807
Total	10.0	2.3	367	9.6	2.2	405	8.9	2.0	424	8.3	2.0	402	7.9	2.0	59	9.1	2.2	1657

Thickness of subcutaneous fat at thigh (mm)

	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	6.3	1.9	171	6.0	1.9	216	5.6	1.9	225	5.5	1.8	200	5.7	1.8	35	5.8	1.9	847
Female	10.5	2.7	195	10.0	2.7	189	8.8	2.6	197	8.3	3.1	202	7.2	2.3	24	9.3	2.9	807
Total	8.5	3.2	366	7.9	3.1	405	7.1	2.8	422	6.9	2.9	402	6.3	2.1	59	7.5	3.0	1654

Thickness of musculus rectus femoris at thigh (mm)

	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	32.6	5.7	171	30.4	5.9	216	28.9	6.1	225	24.9	5.8	200	23.7	6.6	35	28.9	6.6	847
Female	29.0	6.6	195	26.8	5.7	189	25.1	5.3	197	21.7	5.3	202	19.7	5.5	24	25.4	6.4	807
Total	30.7	6.4	366	28.7	6.1	405	27.2	6.0	422	23.3	5.7	402	22.1	6.4	59	27.2	6.7	1654

Thickness of subcutaneous fat at anterior calf (mm)

	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	2.4	0.8	172	2.4	0.8	215	2.2	0.7	226	2.1	0.7	200	2.3	0.8	35	2.3	0.8	848
Female	3.7	1.4	195	3.4	1.4	189	3.1	1.3	197	3.1	1.2	202	2.5	1.1	24	3.3	1.3	807
Total	3.1	1.3	367	2.9	1.2	404	2.6	1.1	423	2.6	1.1	402	2.4	0.9	59	2.8	1.2	1655

Thickness of musculus tibialis anterior (mm)

	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	26.8	3.0	172	26.6	3.2	216	25.4	3.3	226	23.8	3.0	200	23.7	3.8	35	25.5	3.4	849
Female	22.5	2.7	195	22.1	2.6	189	22.2	2.6	197	21.1	3.0	202	20.4	2.9	24	21.9	2.8	807
Total	24.5	3.6	367	24.5	3.7	405	23.9	3.4	423	22.4	3.2	402	22.3	3.8	59	23.8	3.6	1656

Thickness of subcutaneous fat at upper-arm (mm)

	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	6.0	1.9	172	5.9	1.9	216	5.4	1.7	226	5.4	1.7	200	5.6	1.4	35	5.7	1.8	849
Female	9.8	2.8	195	9.9	2.8	189	9.7	2.5	197	9.2	2.6	202	8.3	2.2	24	9.6	2.7	807
Total	8.1	3.1	367	7.8	3.1	405	7.4	3.0	423	7.3	2.9	402	6.7	2.2	59	7.6	3.0	1656

Thickness of musculus triceps brachi (mm)

	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	24.8	4.9	172	24.0	5.2	216	22.5	4.9	225	20.3	5.0	200	20.2	5.7	35	22.7	5.3	848
Female	19.6	5.1	195	19.9	4.0	189	19.7	4.6	197	18.6	4.9	202	15.4	3.4	24	19.3	4.7	807
Total	22.0	5.6	367	22.1	5.1	405	21.2	5.0	422	19.5	5.0	402	18.2	5.4	59	21.1	5.3	1655

Thickness of subcutaneous fat at subscapula (mm)

	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	8.5	2.7	172	8.1	2.8	216	7.6	2.6	226	7.2	2.5	200	7.2	2.7	35	7.8	2.7	849
Female	9.7	4.8	195	10.0	3.9	188	9.9	3.6	197	9.5	3.8	202	7.4	3.2	24	9.7	4.0	806
Total	9.1	4.0	367	9.0	3.5	404	8.7	3.3	423	8.4	3.4	402	7.3	2.9	59	8.7	3.5	1655

Thickness of musculus latissimus dorsi at subscapula (mm)

	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	5.7	1.6	172	5.0	1.4	216	4.9	1.5	226	4.7	1.6	200	4.5	1.5	35	5.0	1.6	849
Female	4.2	1.4	195	4.2	1.2	188	4.2	1.2	197	4.3	1.4	202	3.9	1.2	24	4.2	1.3	806
Total	4.9	1.7	367	4.7	1.4	404	4.6	1.4	423	4.5	1.5	402	4.2	1.4	59	4.6	1.5	1655

Thickness of subcutaneous fat at posterior mid-thigh (mm)

	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	5.7	1.9	172	5.3	1.7	216	5.2	1.8	226	5.0	1.6	200	5.3	1.5	35	5.3	1.8	849
Female	9.6	3.4	195	8.8	3.2	189	8.0	3.3	197	7.7	3.6	202	7.4	3.1	24	8.5	3.4	807
Total	7.8	3.4	367	7.0	3.1	405	6.5	3.0	423	6.4	3.1	402	6.1	2.5	59	6.8	3.1	1656

Thickness of subcutaneous fat at posterior calf (mm)

	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	4.5	1.4	172	4.3	1.4	216	3.9	1.2	226	3.9	1.3	200	4.1	1.3	35	4.1	1.3	849
Female	6.8	1.6	195	6.4	1.9	189	5.8	2.1	197	5.4	1.9	201	5.0	2.1	24	6.1	2.0	806
Total	5.7	1.9	367	5.3	1.9	405	4.8	1.9	423	4.7	1.8	401	4.4	1.7	59	5.1	1.9	1655

Thickness of musculus gastrocnemius and soleus (mm)

	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	59.3	5.9	172	57.0	5.9	215	55.5	6.2	226	52.3	6.2	200	51.8	7.4	35	55.8	6.6	848
Female	51.9	6.3	195	50.5	5.6	188	50.0	5.6	197	48.0	5.6	200	46.9	5.7	24	50.0	5.9	804
Total	55.4	7.1	367	54.0	6.6	403	52.9	6.5	423	50.2	6.3	400	49.8	7.1	59	53.0	6.9	1652

4) Abdominal fat distribution

Intra-abdominal fat area at umbilicus by CT (cm²)

	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	76.2	34.9	171	89.2	45.4	214	98.5	48.2	226	91.2	50.8	200	93.1	61.8	35	89.7	46.9	846
Female	38.0	25.9	194	60.3	37.8	188	66.7	34.9	196	81.0	41.8	201	73.4	41.7	24	62.0	38.9	803
Total	55.9	35.9	365	75.7	44.4	402	83.7	45.4	422	86.1	46.7	401	85.1	55.0	59	76.2	45.4	1649

Subcutaneous fat area at umbilicus by CT (cm²)

	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	119.8	51.9	171	117.7	49.2	214	116.0	47.1	226	106.7	47.2	200	105.8	44.9	35	114.6	48.7	846
Female	145.8	73.1	194	168.3	65.7	188	171.0	61.9	196	165.7	69.7	201	125.0	50.9	24	161.6	68.2	803
Total	133.6	65.3	365	141.3	62.8	402	141.6	60.9	422	136.3	66.4	401	113.6	48.0	59	137.5	63.5	1649

Waist circumference at umbilicus by CT (cm)

	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	85.3	7.8	170	86.3	8.1	215	86.5	8.1	226	85.1	9.2	200	84.7	10.1	35	85.8	8.4	846
Female	80.7	9.2	194	85.1	9.1	188	86.3	8.8	196	87.2	10.4	201	82.1	9.6	24	84.8	9.7	803
Total	82.9	8.9	364	85.7	8.6	403	86.4	8.4	422	86.1	9.9	401	83.6	9.9	59	85.3	9.1	1649

5) Resting metabolic profiles

Resting energy expenditure (kcal/24 h)

	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	1458.2	205.2	166	1431.1	222.2	199	1330.9	217.8	219	1240.9	252.8	178	1139.9	184.1	32	1354.8	241.5	794
Female	1149.0	178.7	190	1122.2	187.4	178	1088.0	154.3	188	1070.7	185.6	187	979.2	141.7	21	1103.9	179.3	764
Total	1293.2	245.8	356	1285.2	257.6	377	1218.7	226.1	407	1153.7	236.5	365	1076.2	185.0	53	1231.8	247.4	1558

Oxygen intake on resting (l/min)

	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	0.21	0.03	166	0.20	0.03	198	0.19	0.03	219	0.17	0.04	178	0.16	0.03	32	0.19	0.04	793
Female	0.16	0.03	190	0.16	0.03	178	0.15	0.02	188	0.15	0.03	187	0.14	0.02	21	0.16	0.03	764
Total	0.18	0.04	356	0.18	0.04	376	0.17	0.03	407	0.16	0.03	365	0.15	0.03	53	0.17	0.04	1557

Carbon dioxide excretion on resting (l/min)

	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	0.18	0.03	166	0.18	0.03	198	0.17	0.03	219	0.16	0.03	178	0.14	0.02	32	0.17	0.03	793
Female	0.14	0.02	190	0.14	0.02	178	0.14	0.02	188	0.13	0.02	187	0.12	0.02	21	0.14	0.02	764
Total	0.16	0.03	356	0.16	0.03	376	0.15	0.03	407	0.14	0.03	365	0.14	0.02	53	0.15	0.03	1557

Respiratory exchange ratio on resting

	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	0.89	0.08	166	0.89	0.07	199	0.90	0.08	219	0.90	0.07	178	0.90	0.08	32	0.90	0.08	794
Female	0.87	0.07	190	0.88	0.08	178	0.89	0.08	188	0.87	0.07	187	0.88	0.10	21	0.88	0.07	764
Total	0.88	0.07	356	0.88	0.08	377	0.90	0.08	407	0.88	0.07	365	0.90	0.09	53	0.89	0.08	1558