

集積資料 2 : 身長・体重

健康教室

| No. | 性別 | 年齢 | 身長 | 体重 |
|-----|----|----|-------|------|
| 1 | 0 | 65 | 164 | 83 |
| 2 | 0 | 67 | 156.3 | 65.9 |
| 3 | 0 | 67 | 161.5 | 52.6 |
| 4 | 0 | 68 | 176 | 79.9 |
| 5 | 0 | 68 | 160.5 | 57.9 |
| 6 | 0 | 70 | 162.9 | 62 |
| 7 | 0 | 70 | 155.5 | 68.7 |
| 8 | 0 | 71 | 169.7 | 63.6 |
| 9 | 0 | 71 | 160.6 | 63.6 |
| 10 | 0 | 73 | 163.9 | 67.7 |
| 11 | 0 | 74 | 165 | 69 |
| 12 | 0 | 74 | 161.5 | 68.9 |
| 13 | 0 | 76 | 158.2 | 68 |
| 14 | 0 | 76 | 163.9 | 71.7 |
| 15 | 0 | 76 | 158.7 | 61.5 |
| 16 | 0 | 76 | 168.5 | 45.2 |
| 17 | 0 | 77 | 155.6 | 57.6 |
| 18 | 0 | 77 | 163.5 | 52.7 |
| 19 | 0 | 77 | 155.5 | 64.9 |
| 20 | 0 | 79 | 165.4 | 69.6 |
| 21 | 0 | 79 | 161.7 | 61.2 |
| 22 | 0 | 79 | 158 | 65.7 |
| 23 | 0 | 79 | 172.2 | 79.5 |
| 24 | 0 | 79 | 170.1 | 70.6 |
| 25 | 0 | 80 | 168.6 | 72 |
| 26 | 0 | 80 | 163 | 64 |
| 27 | 0 | 80 | 155.4 | 56.3 |
| 28 | 0 | 80 | 168 | 76.5 |
| 29 | 0 | 80 | 166.6 | 52.7 |
| 30 | 0 | 82 | 164 | 64.4 |
| 31 | 0 | 83 | 156.4 | 57.4 |
| 32 | 0 | 86 | 162 | 61.6 |
| 33 | 0 | 86 | 147 | 43.9 |
| 34 | 0 | 91 | 152.6 | 56.1 |
| 35 | 0 | 92 | 158.1 | 53.8 |
| 36 | 1 | 65 | 141.5 | 68.2 |
| 37 | 1 | 65 | 148.4 | 45.7 |
| 38 | 1 | 65 | 163.3 | 65 |
| 39 | 1 | 65 | 154.9 | 53.2 |
| 40 | 1 | 66 | 153 | 58.4 |
| 41 | 1 | 66 | 155 | 56.7 |
| 42 | 1 | 66 | 159.1 | 51.7 |
| 43 | 1 | 67 | 157 | 43.2 |

CGT

| No. | 性別 | 年齢 | 身長 | 体重 |
|-----|----|----|-------|------|
| 1 | 0 | 65 | 166.4 | 69.7 |
| 2 | 0 | 66 | 166.2 | 57.1 |
| 3 | 0 | 68 | 172.8 | 45.3 |
| 4 | 0 | 69 | 173.6 | 58.2 |
| 5 | 0 | 71 | 156.8 | 49.5 |
| 6 | 0 | 71 | 158.5 | 60.7 |
| 7 | 0 | 71 | 164.2 | 68.7 |
| 8 | 0 | 72 | 157.4 | 64.5 |
| 9 | 0 | 72 | 158.7 | 63.7 |
| 10 | 0 | 72 | 162.4 | 69.4 |
| 11 | 0 | 73 | 171 | 75 |
| 12 | 0 | 73 | 165.7 | 74.1 |
| 13 | 0 | 73 | 156.2 | 56 |
| 14 | 0 | 74 | 167.7 | 56.4 |
| 15 | 0 | 74 | 168.8 | 59.5 |
| 16 | 0 | 74 | 156.1 | 54.1 |
| 17 | 0 | 75 | 153.5 | 57.3 |
| 18 | 0 | 75 | 159.7 | 53.4 |
| 19 | 0 | 75 | 156.4 | 48 |
| 20 | 0 | 76 | 168.5 | 78.5 |
| 21 | 0 | 77 | 168 | 66.4 |
| 22 | 0 | 77 | 157.6 | 64.9 |
| 23 | 0 | 77 | 151.5 | 53 |
| 24 | 0 | 77 | 156.4 | 62 |
| 25 | 0 | 77 | 172 | 72.4 |
| 26 | 0 | 78 | 160.5 | 63.1 |
| 27 | 0 | 79 | 158.7 | 56.8 |
| 28 | 0 | 80 | 171.2 | 69.3 |
| 29 | 0 | 80 | 154.2 | 59.2 |
| 30 | 0 | 81 | 166.5 | 50 |
| 31 | 0 | 82 | 159.6 | 44.9 |
| 32 | 0 | 83 | - | - |
| 33 | 1 | 65 | 154.3 | 56.4 |
| 34 | 1 | 65 | 160 | 60.4 |
| 35 | 1 | 65 | 150.6 | 53.3 |
| 36 | 1 | 66 | 154.4 | 47.7 |
| 37 | 1 | 66 | 145.5 | 60.6 |
| 38 | 1 | 66 | 152.5 | 60 |
| 39 | 1 | 67 | 142.3 | 48.1 |
| 40 | 1 | 67 | 152.2 | 47.4 |
| 41 | 1 | 67 | 153.5 | 51.7 |
| 42 | 1 | 67 | 153.8 | 52.2 |
| 43 | 1 | 68 | 146.5 | 50.2 |

| | | | | | | | | | |
|----|---|----|-------|------|----|---|----|-------|------|
| 44 | 1 | 67 | 151.7 | 67.5 | 44 | 1 | 69 | 149.3 | 76.5 |
| 45 | 1 | 67 | - | - | 45 | 1 | 69 | 151.8 | 51.9 |
| 46 | 1 | 67 | - | - | 46 | 1 | 69 | 165 | 68.5 |
| 47 | 1 | 67 | 150 | 52.9 | 47 | 1 | 70 | 154 | 41.2 |
| 48 | 1 | 67 | 164.2 | 63.6 | 48 | 1 | 70 | 150 | 44.1 |
| 49 | 1 | 67 | 160.8 | 70.4 | 49 | 1 | 70 | 156.4 | 57.8 |
| 50 | 1 | 68 | 152.6 | 66.4 | 50 | 1 | 71 | 157.5 | 66 |
| 51 | 1 | 69 | 161.4 | 73.1 | 51 | 1 | 71 | 149 | 54.9 |
| 52 | 1 | 69 | 154.9 | 57.7 | 52 | 1 | 71 | 158.2 | 57.3 |
| 53 | 1 | 69 | 154 | 56 | 53 | 1 | 72 | 150.6 | 57.9 |
| 54 | 1 | 69 | 138.5 | 64.8 | 54 | 1 | 72 | 141.3 | 68.4 |
| 55 | 1 | 70 | 152.5 | 62.9 | 55 | 1 | 72 | 147.5 | 55.7 |
| 56 | 1 | 70 | 155 | 60.1 | 56 | 1 | 72 | 152.2 | 49.7 |
| 57 | 1 | 71 | 163 | 75.8 | 57 | 1 | 73 | 152.3 | 45.1 |
| 58 | 1 | 72 | 145.1 | 45.4 | 58 | 1 | 73 | 137 | 48.7 |
| 59 | 1 | 72 | 148.7 | 58.4 | 59 | 1 | 73 | 138.8 | 39.1 |
| 60 | 1 | 72 | 143.4 | 51.4 | 60 | 1 | 73 | 145.8 | 48.7 |
| 61 | 1 | 73 | 156.8 | 62.3 | 61 | 1 | 73 | 154 | 61.5 |
| 62 | 1 | 73 | 147.8 | 49 | 62 | 1 | 74 | 150.2 | 47 |
| 63 | 1 | 74 | 153.5 | 51.3 | 63 | 1 | 74 | 158.2 | 60.7 |
| 64 | 1 | 74 | 161.3 | 70.2 | 64 | 1 | 74 | 145 | 61.1 |
| 65 | 1 | 75 | 143.3 | 40.2 | 65 | 1 | 75 | 145.3 | 58.8 |
| 66 | 1 | 75 | 155.1 | 63.8 | 66 | 1 | 75 | 140.7 | 46.2 |
| 67 | 1 | 75 | 150.5 | 53 | 67 | 1 | 76 | 150.5 | 50.9 |
| 68 | 1 | 75 | 148 | 53.7 | 68 | 1 | 76 | 139.2 | 41 |
| 69 | 1 | 76 | 151.7 | 61.2 | 69 | 1 | 77 | 145.2 | 63.5 |
| 70 | 1 | 76 | 143.7 | 45 | 70 | 1 | 77 | 152 | 48.6 |
| 71 | 1 | 76 | 145.9 | 47.2 | 71 | 1 | 77 | 145.7 | 44.3 |
| 72 | 1 | 76 | 159 | 65.9 | 72 | 1 | 77 | 150.8 | 63.3 |
| 73 | 1 | 76 | 144.7 | 45.3 | 73 | 1 | 78 | 155.3 | 58.7 |
| 74 | 1 | 76 | 153.7 | 58.2 | 74 | 1 | 78 | 138.2 | 45 |
| 75 | 1 | 78 | 152.4 | 65.3 | 75 | 1 | 78 | 145.5 | 47.2 |
| 76 | 1 | 78 | 146.5 | 48.1 | 76 | 1 | 79 | 148.6 | 52.1 |
| 77 | 1 | 78 | 139.5 | 41.2 | 77 | 1 | 79 | 147.2 | 52.3 |
| 78 | 1 | 79 | 150 | 48.2 | 78 | 1 | 79 | 145.6 | 70.3 |
| 79 | 1 | 79 | 148 | 45.8 | 79 | 1 | 79 | 149.7 | 51.9 |
| 80 | 1 | 79 | 154.3 | 67.5 | 80 | 1 | 80 | 142.9 | 52.7 |
| 81 | 1 | 80 | 135.5 | 48 | 81 | 1 | 80 | 150.5 | 57.2 |
| 82 | 1 | 80 | 149.5 | 41.8 | 82 | 1 | 81 | 139.6 | 46.7 |
| 83 | 1 | 81 | 157.1 | 54.3 | 83 | 1 | 83 | 150.5 | 53.5 |
| 84 | 1 | 82 | 147 | 45.5 | 84 | 1 | 84 | 150.6 | 53 |
| 85 | 1 | 84 | 147.2 | 60.8 | 85 | 1 | 88 | 134 | 40.4 |
| 86 | 1 | 86 | 138.5 | 41.8 | | | | | |

※性別：男性=0、女性=1

集積資料 3 : 10m快適步行速度

健康教室

| No. | 性別 | 年齢 | 快適步行速度(m/分) | | |
|-----|----|----|-------------|-------|-------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 72.7 | - | 82.0 |
| 2 | 0 | 67 | 67.6 | 79.0 | 66.7 |
| 3 | 0 | 67 | 84.3 | - | - |
| 4 | 0 | 68 | 65.7 | 70.6 | 75.5 |
| 5 | 0 | 68 | 90.9 | 87.2 | 104.7 |
| 6 | 0 | 70 | 61.9 | - | - |
| 7 | 0 | 70 | 71.7 | 70.4 | 98.9 |
| 8 | 0 | 71 | 78.7 | 80.7 | 96.8 |
| 9 | 0 | 71 | 84.9 | 90.2 | 94.9 |
| 10 | 0 | 73 | 69.9 | 76.8 | 74.7 |
| 11 | 0 | 74 | 66.2 | 76.8 | 84.0 |
| 12 | 0 | 74 | 49.3 | 50.6 | 53.0 |
| 13 | 0 | 76 | 69.0 | 71.3 | 78.6 |
| 14 | 0 | 76 | 58.2 | 66.7 | 50.4 |
| 15 | 0 | 76 | 79.0 | 92.0 | - |
| 16 | 0 | 76 | 86.1 | - | - |
| 17 | 0 | 77 | 79.0 | 60.5 | 64.7 |
| 18 | 0 | 77 | 56.3 | 63.8 | 73.4 |
| 19 | 0 | 77 | 82.8 | - | - |
| 20 | 0 | 79 | 78.6 | 70.1 | 73.1 |
| 21 | 0 | 79 | 76.8 | 69.9 | 86.6 |
| 22 | 0 | 79 | 80.5 | - | - |
| 23 | 0 | 79 | 73.5 | 81.0 | 82.9 |
| 24 | 0 | 79 | 82.4 | 66.5 | - |
| 25 | 0 | 80 | 80.4 | 65.3 | 72.0 |
| 26 | 0 | 80 | 78.6 | - | 87.1 |
| 27 | 0 | 80 | 71.9 | 74.1 | 61.7 |
| 28 | 0 | 80 | 91.1 | 83.8 | 93.8 |
| 29 | 0 | 80 | 80.0 | 70.0 | 85.4 |
| 30 | 0 | 82 | 76.9 | 69.5 | - |
| 31 | 0 | 83 | 49.6 | 69.4 | 74.7 |
| 32 | 0 | 86 | 71.7 | 76.4 | 77.6 |
| 33 | 0 | 86 | 74.7 | 65.5 | - |
| 34 | 0 | 91 | 57.6 | 58.2 | 54.3 |
| 35 | 0 | 92 | 63.0 | 54.2 | - |
| 36 | 1 | 65 | 85.7 | 76.0 | 95.2 |
| 37 | 1 | 65 | 103.8 | 94.2 | 95.5 |
| 38 | 1 | 65 | 73.0 | - | - |
| 39 | 1 | 65 | 96.0 | - | - |
| 40 | 1 | 66 | 87.0 | - | - |
| 41 | 1 | 66 | 81.0 | 92.3 | - |
| 42 | 1 | 66 | 100.0 | 105.5 | 118.3 |
| 43 | 1 | 67 | 76.0 | 69.9 | 93.2 |

CGT

| No. | 性別 | 年齢 | 快適步行速度(m/分) | | |
|-----|----|----|-------------|-------|-------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 91.5 | 86.8 | 100.3 |
| 2 | 0 | 66 | 79.3 | 94.2 | 97.9 |
| 3 | 0 | 68 | 75.3 | 69.8 | 84.6 |
| 4 | 0 | 69 | 98.4 | 86.5 | 98.7 |
| 5 | 0 | 71 | 65.5 | 67.1 | 82.3 |
| 6 | 0 | 71 | 90.5 | 89.3 | 90.5 |
| 7 | 0 | 71 | 77.4 | 76.8 | 79.0 |
| 8 | 0 | 72 | 66.4 | 73.3 | 92.0 |
| 9 | 0 | 72 | 98.4 | 85.1 | 94.2 |
| 10 | 0 | 72 | 97.4 | 94.6 | 101.9 |
| 11 | 0 | 73 | 75.7 | 100.7 | 102.0 |
| 12 | 0 | 73 | 66.9 | 71.3 | 60.7 |
| 13 | 0 | 73 | 77.1 | 88.9 | 99.2 |
| 14 | 0 | 74 | 89.3 | 71.6 | 87.3 |
| 15 | 0 | 74 | 83.1 | 79.7 | 88.1 |
| 16 | 0 | 74 | 80.0 | - | - |
| 17 | 0 | 75 | 78.1 | - | - |
| 18 | 0 | 75 | 90.9 | 76.8 | - |
| 19 | 0 | 75 | 88.4 | 83.5 | 90.9 |
| 20 | 0 | 76 | 98.4 | 93.8 | 126.3 |
| 21 | 0 | 77 | 69.0 | 59.1 | 67.3 |
| 22 | 0 | 77 | 74.4 | 75.3 | - |
| 23 | 0 | 77 | 90.6 | 62.5 | - |
| 24 | 0 | 77 | 75.6 | 69.4 | 69.0 |
| 25 | 0 | 77 | 75.7 | 77.4 | 97.1 |
| 26 | 0 | 78 | 69.6 | 65.4 | 83.9 |
| 27 | 0 | 79 | 84.9 | 69.0 | - |
| 28 | 0 | 80 | 76.7 | 77.4 | 80.3 |
| 29 | 0 | 80 | 73.9 | - | 82.8 |
| 30 | 0 | 81 | 69.6 | 82.0 | 69.1 |
| 31 | 0 | 82 | 87.2 | 86.8 | 87.6 |
| 32 | 0 | 83 | 65.4 | - | - |
| 33 | 1 | 65 | 63.0 | - | - |
| 34 | 1 | 65 | 78.3 | - | - |
| 35 | 1 | 65 | 93.2 | - | - |
| 36 | 1 | 66 | 69.4 | - | - |
| 37 | 1 | 66 | 82.4 | 79.7 | 64.2 |
| 38 | 1 | 66 | 84.2 | 89.3 | 76.4 |
| 39 | 1 | 67 | 91.3 | 84.5 | 88.9 |
| 40 | 1 | 67 | 80.7 | 87.6 | - |
| 41 | 1 | 67 | 106.2 | 102.6 | 88.0 |
| 42 | 1 | 67 | 76.8 | 91.3 | 96.0 |
| 43 | 1 | 68 | 84.6 | 75.6 | 90.4 |

| | | | | | | | | | | | |
|----|---|----|------|------|-------|----|---|----|-------|------|-------|
| 44 | 1 | 67 | 68.6 | 71.1 | 76.3 | 44 | 1 | 69 | 27.5 | 34.8 | - |
| 45 | 1 | 67 | 67.8 | - | - | 45 | 1 | 69 | 102.7 | 98.0 | - |
| 46 | 1 | 67 | 53.2 | 62.4 | 59.8 | 46 | 1 | 69 | 89.3 | 89.7 | 95.9 |
| 47 | 1 | 67 | 78.7 | 82.1 | 78.6 | 47 | 1 | 70 | 73.1 | 89.3 | 82.1 |
| 48 | 1 | 67 | 88.4 | 75.7 | 71.4 | 48 | 1 | 70 | 102.2 | 90.2 | 84.5 |
| 49 | 1 | 67 | 64.5 | 89.4 | 93.8 | 49 | 1 | 70 | 78.0 | 77.4 | 75.0 |
| 50 | 1 | 68 | 69.0 | - | - | 50 | 1 | 71 | 80.7 | 84.2 | 82.4 |
| 51 | 1 | 69 | 81.2 | 88.1 | 85.1 | 51 | 1 | 71 | 66.7 | 66.2 | - |
| 52 | 1 | 69 | 77.3 | 74.4 | 67.3 | 52 | 1 | 71 | 94.6 | 85.7 | 90.6 |
| 53 | 1 | 69 | 65.5 | 88.9 | 96.9 | 53 | 1 | 72 | 84.3 | 94.6 | 101.2 |
| 54 | 1 | 69 | 74.4 | 76.4 | - | 54 | 1 | 72 | 64.9 | 64.0 | - |
| 55 | 1 | 70 | 74.5 | 70.6 | 77.4 | 55 | 1 | 72 | 71.7 | 78.3 | 92.5 |
| 56 | 1 | 70 | 79.3 | 78.7 | - | 56 | 1 | 72 | 78.6 | 75.3 | 102.7 |
| 57 | 1 | 71 | 86.5 | 96.9 | 87.6 | 57 | 1 | 73 | 83.9 | 71.9 | 89.7 |
| 58 | 1 | 72 | 55.6 | - | 66.8 | 58 | 1 | 73 | 61.8 | 60.0 | - |
| 59 | 1 | 72 | 73.4 | 61.4 | - | 59 | 1 | 73 | 50.0 | - | 55.4 |
| 60 | 1 | 72 | 90.1 | - | - | 60 | 1 | 73 | 69.9 | 70.6 | - |
| 61 | 1 | 73 | 72.5 | 78.0 | 76.4 | 61 | 1 | 73 | 91.9 | 82.4 | 84.2 |
| 62 | 1 | 73 | 80.7 | 86.1 | - | 62 | 1 | 74 | 95.2 | 84.2 | 80.2 |
| 63 | 1 | 74 | 87.3 | 84.3 | 83.6 | 63 | 1 | 74 | 60.0 | - | 75.9 |
| 64 | 1 | 74 | 65.4 | 63.8 | 75.3 | 64 | 1 | 74 | 82.4 | 63.8 | 79.7 |
| 65 | 1 | 75 | 82.8 | 82.0 | 85.0 | 65 | 1 | 75 | 53.5 | 61.4 | 68.0 |
| 66 | 1 | 75 | 64.0 | 80.3 | 79.2 | 66 | 1 | 75 | 59.8 | 89.3 | - |
| 67 | 1 | 75 | 46.3 | 56.4 | - | 67 | 1 | 76 | 84.6 | 87.7 | 75.5 |
| 68 | 1 | 75 | 53.2 | - | - | 68 | 1 | 76 | 72.7 | 92.7 | 98.7 |
| 69 | 1 | 76 | 90.0 | 83.5 | 88.0 | 69 | 1 | 77 | 51.9 | 62.2 | 50.5 |
| 70 | 1 | 76 | 89.3 | 70.6 | 77.7 | 70 | 1 | 77 | 95.2 | 76.7 | 86.0 |
| 71 | 1 | 76 | 84.5 | 78.1 | - | 71 | 1 | 77 | 55.4 | - | - |
| 72 | 1 | 76 | 72.7 | 65.1 | - | 72 | 1 | 77 | 79.1 | 78.7 | - |
| 73 | 1 | 76 | 84.6 | 81.4 | 78.5 | 73 | 1 | 78 | 55.1 | - | - |
| 74 | 1 | 76 | 65.6 | - | 50.4 | 74 | 1 | 78 | 79.0 | - | 74.4 |
| 75 | 1 | 78 | 90.1 | 97.9 | 101.2 | 75 | 1 | 78 | 77.1 | - | - |
| 76 | 1 | 78 | 75.4 | 83.1 | 83.2 | 76 | 1 | 79 | 64.7 | 81.1 | 78.6 |
| 77 | 1 | 78 | 89.7 | 90.5 | - | 77 | 1 | 79 | 66.0 | 60.2 | - |
| 78 | 1 | 79 | 53.8 | - | - | 78 | 1 | 79 | 61.4 | 62.6 | - |
| 79 | 1 | 79 | 67.3 | - | - | 79 | 1 | 79 | 80.0 | 81.0 | - |
| 80 | 1 | 79 | 59.5 | 67.9 | 62.7 | 80 | 1 | 80 | 64.0 | 87.6 | 55.4 |
| 81 | 1 | 80 | 54.1 | 53.3 | 55.9 | 81 | 1 | 80 | 81.6 | 73.5 | 83.3 |
| 82 | 1 | 80 | 60.8 | - | - | 82 | 1 | 81 | 51.6 | 71.1 | 63.2 |
| 83 | 1 | 81 | 72.5 | 66.2 | 90.4 | 83 | 1 | 83 | 78.7 | - | - |
| 84 | 1 | 82 | 94.5 | 86.1 | 70.2 | 84 | 1 | 84 | 59.8 | 52.8 | - |
| 85 | 1 | 84 | 54.0 | - | - | 85 | 1 | 88 | 45.7 | 48.4 | 51.3 |
| 86 | 1 | 86 | 57.5 | 54.1 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料4：10m最大步行速度

健康教室

| No. | 性別 | 年齢 | 最大步行速度(m/分) | | |
|-----|----|----|-------------|-------|-------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 150.0 | - | 185.2 |
| 2 | 0 | 67 | 136.4 | 126.3 | 146.3 |
| 3 | 0 | 67 | 146.7 | - | - |
| 4 | 0 | 68 | 111.1 | 112.8 | 134.5 |
| 5 | 0 | 68 | 145.6 | 115.6 | 127.9 |
| 6 | 0 | 70 | 108.5 | - | - |
| 7 | 0 | 70 | 150.0 | 114.3 | 152.3 |
| 8 | 0 | 71 | 154.6 | 151.1 | 184.6 |
| 9 | 0 | 71 | 142.2 | 158.7 | 163.9 |
| 10 | 0 | 73 | 110.3 | 106.8 | 111.7 |
| 11 | 0 | 74 | 100.5 | 123.0 | 145.6 |
| 12 | 0 | 74 | 81.3 | 83.4 | 84.9 |
| 13 | 0 | 76 | 82.2 | 90.5 | 111.5 |
| 14 | 0 | 76 | 72.5 | 75.7 | - |
| 15 | 0 | 76 | 131.6 | 139.2 | - |
| 16 | 0 | 76 | 119.3 | - | - |
| 17 | 0 | 77 | 135.1 | 115.6 | 157.5 |
| 18 | 0 | 77 | 118.6 | 109.1 | 108.3 |
| 19 | 0 | 77 | 139.2 | - | - |
| 20 | 0 | 79 | 110.9 | 99.5 | 117.9 |
| 21 | 0 | 79 | 150.0 | 133.3 | 150.8 |
| 22 | 0 | 79 | 116.3 | - | - |
| 23 | 0 | 79 | 116.3 | 98.0 | 111.5 |
| 24 | 0 | 79 | 118.6 | 101.0 | - |
| 25 | 0 | 80 | 131.9 | 105.6 | 157.1 |
| 26 | 0 | 80 | 124.7 | - | 153.8 |
| 27 | 0 | 80 | 125.5 | 134.2 | 159.6 |
| 28 | 0 | 80 | 124.0 | 120.7 | 154.6 |
| 29 | 0 | 80 | 110.3 | 99.0 | 120.2 |
| 30 | 0 | 82 | 119.5 | - | - |
| 31 | 0 | 83 | 80.6 | 107.1 | 109.3 |
| 32 | 0 | 86 | 138.2 | 143.2 | 146.7 |
| 33 | 0 | 86 | 99.5 | 98.0 | - |
| 34 | 0 | 91 | 81.0 | 87.2 | 100.2 |
| 35 | 0 | 92 | 94.6 | 79.1 | - |
| 36 | 1 | 65 | 114.3 | 119.3 | 129.6 |
| 37 | 1 | 65 | 144.2 | 124.0 | 156.3 |
| 38 | 1 | 65 | 118.6 | - | - |
| 39 | 1 | 65 | 158.7 | - | - |
| 40 | 1 | 66 | 113.6 | - | - |
| 41 | 1 | 66 | 119.3 | 119.3 | - |
| 42 | 1 | 66 | 143.2 | 131.6 | 141.5 |
| 43 | 1 | 67 | 138.2 | 105.1 | 137.0 |

CGT

| No. | 性別 | 年齢 | 最大步行速度(m/分) | | |
|-----|----|----|-------------|-------|-------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 137.9 | 140.2 | 204.8 |
| 2 | 0 | 66 | 113.4 | 172.9 | 180.2 |
| 3 | 0 | 68 | 93.2 | 88.5 | 100.3 |
| 4 | 0 | 69 | 141.2 | 160.0 | 173.9 |
| 5 | 0 | 71 | 102.2 | 97.6 | 113.0 |
| 6 | 0 | 71 | 133.3 | 109.1 | 127.4 |
| 7 | 0 | 71 | 116.5 | 88.1 | 115.2 |
| 8 | 0 | 72 | 96.0 | 120.0 | 136.7 |
| 9 | 0 | 72 | 135.1 | 137.0 | 159.6 |
| 10 | 0 | 72 | 128.8 | 123.0 | 147.1 |
| 11 | 0 | 73 | 122.2 | 124.0 | 144.2 |
| 12 | 0 | 73 | 99.5 | 101.2 | 99.5 |
| 13 | 0 | 73 | 130.7 | 102.7 | 132.7 |
| 14 | 0 | 74 | 139.2 | 123.7 | 134.8 |
| 15 | 0 | 74 | 126.3 | 114.9 | 126.6 |
| 16 | 0 | 74 | 112.4 | - | - |
| 17 | 0 | 75 | 110.9 | - | - |
| 18 | 0 | 75 | 113.4 | 95.5 | - |
| 19 | 0 | 75 | 143.2 | 130.7 | 172.9 |
| 20 | 0 | 76 | 161.7 | 141.2 | 187.5 |
| 21 | 0 | 77 | 147.4 | 133.3 | 147.4 |
| 22 | 0 | 77 | 111.5 | 117.6 | - |
| 23 | 0 | 77 | 120.7 | 96.9 | - |
| 24 | 0 | 77 | 121.0 | 107.9 | 111.5 |
| 25 | 0 | 77 | 125.5 | - | 150.0 |
| 26 | 0 | 78 | 106.0 | 86.8 | 110.3 |
| 27 | 0 | 79 | 117.9 | 91.5 | - |
| 28 | 0 | 80 | 127.1 | 131.6 | 137.9 |
| 29 | 0 | 80 | 133.3 | - | 161.3 |
| 30 | 0 | 81 | 110.5 | 101.5 | - |
| 31 | 0 | 82 | 122.2 | 124.0 | 148.9 |
| 32 | 0 | 83 | 86.1 | - | - |
| 33 | 1 | 65 | 113.0 | - | - |
| 34 | 1 | 65 | 118.6 | - | - |
| 35 | 1 | 65 | 117.0 | - | - |
| 36 | 1 | 66 | 118.6 | - | - |
| 37 | 1 | 66 | 123.0 | 127.1 | - |
| 38 | 1 | 66 | 122.2 | 113.0 | 118.8 |
| 39 | 1 | 67 | 102.0 | 98.4 | 102.4 |
| 40 | 1 | 67 | 126.6 | 120.0 | - |
| 41 | 1 | 67 | 132.5 | 123.2 | 136.7 |
| 42 | 1 | 67 | 114.3 | 127.9 | 133.3 |
| 43 | 1 | 68 | 107.9 | 104.3 | 140.8 |

| | | | | | | | | | | | |
|----|---|----|-------|-------|-------|----|---|----|-------|-------|-------|
| 44 | 1 | 67 | 88.9 | 87.3 | 95.7 | 44 | 1 | 69 | 34.2 | 44.6 | - |
| 45 | 1 | 67 | 102.0 | - | - | 45 | 1 | 69 | 119.3 | 120.7 | - |
| 46 | 1 | 67 | 89.3 | 100.5 | 102.4 | 46 | 1 | 69 | 125.5 | 115.8 | 127.1 |
| 47 | 1 | 67 | 111.5 | 104.3 | 113.2 | 47 | 1 | 70 | 102.6 | 104.3 | 112.8 |
| 48 | 1 | 67 | 146.3 | 127.9 | 160.4 | 48 | 1 | 70 | 112.1 | 105.6 | 109.5 |
| 49 | 1 | 67 | 106.0 | 97.9 | 110.7 | 49 | 1 | 70 | 114.3 | 103.8 | 115.4 |
| 50 | 1 | 68 | 137.0 | - | - | 50 | 1 | 71 | 144.6 | 120.0 | 129.0 |
| 51 | 1 | 69 | 116.1 | 101.0 | 122.4 | 51 | 1 | 71 | 144.6 | 135.1 | - |
| 52 | 1 | 69 | 131.3 | 108.5 | 121.0 | 52 | 1 | 71 | 182.4 | 135.1 | 169.5 |
| 53 | 1 | 69 | 119.3 | 116.5 | 141.8 | 53 | 1 | 72 | 106.2 | 110.3 | 146.7 |
| 54 | 1 | 69 | 102.6 | 100.0 | - | 54 | 1 | 72 | 90.9 | 80.6 | - |
| 55 | 1 | 70 | 97.7 | 89.3 | 100.2 | 55 | 1 | 72 | 92.7 | 87.2 | 113.9 |
| 56 | 1 | 70 | 97.4 | 91.9 | - | 56 | 1 | 72 | 133.3 | 113.6 | 127.9 |
| 57 | 1 | 71 | 127.1 | 108.5 | 138.6 | 57 | 1 | 73 | 120.0 | 117.9 | 134.5 |
| 58 | 1 | 72 | 86.1 | - | 87.1 | 58 | 1 | 73 | 107.1 | 117.2 | - |
| 59 | 1 | 72 | 97.9 | 101.7 | - | 59 | 1 | 73 | 88.5 | - | 88.2 |
| 60 | 1 | 72 | 114.3 | - | - | 60 | 1 | 73 | 96.5 | 92.3 | - |
| 61 | 1 | 73 | 119.3 | 107.3 | 125.0 | 61 | 1 | 73 | 105.4 | 121.7 | 120.5 |
| 62 | 1 | 73 | 103.3 | 97.9 | - | 62 | 1 | 74 | 117.9 | 106.2 | 115.2 |
| 63 | 1 | 74 | 118.1 | - | 118.1 | 63 | 1 | 74 | 104.9 | - | 120.0 |
| 64 | 1 | 74 | 122.2 | 134.2 | 130.2 | 64 | 1 | 74 | 106.6 | - | 97.6 |
| 65 | 1 | 75 | 103.3 | 96.5 | 103.3 | 65 | 1 | 75 | 96.5 | 123.0 | 128.5 |
| 66 | 1 | 75 | 94.9 | 104.9 | 109.5 | 66 | 1 | 75 | 127.9 | 109.1 | - |
| 67 | 1 | 75 | 71.3 | 94.2 | - | 67 | 1 | 76 | 131.3 | 117.2 | - |
| 68 | 1 | 75 | 90.1 | - | - | 68 | 1 | 76 | 109.1 | 107.3 | 125.3 |
| 69 | 1 | 76 | 119.0 | 106.6 | 112.1 | 69 | 1 | 77 | 91.3 | 82.8 | 92.3 |
| 70 | 1 | 76 | 103.8 | 89.7 | 102.9 | 70 | 1 | 77 | 109.7 | 99.0 | 118.1 |
| 71 | 1 | 76 | 99.5 | 82.8 | - | 71 | 1 | 77 | 68.6 | - | - |
| 72 | 1 | 76 | 103.3 | 96.0 | - | 72 | 1 | 77 | 106.2 | 110.3 | - |
| 73 | 1 | 76 | 117.0 | 106.2 | 113.0 | 73 | 1 | 78 | 74.1 | - | - |
| 74 | 1 | 76 | 89.8 | - | 71.3 | 74 | 1 | 78 | 112.1 | - | 120.5 |
| 75 | 1 | 78 | 115.6 | 120.0 | 151.9 | 75 | 1 | 78 | 120.0 | - | - |
| 76 | 1 | 78 | 107.7 | 105.4 | 102.9 | 76 | 1 | 79 | 93.6 | 93.3 | 95.2 |
| 77 | 1 | 78 | 129.6 | 132.5 | - | 77 | 1 | 79 | 116.5 | 100.0 | - |
| 78 | 1 | 79 | 96.0 | - | - | 78 | 1 | 79 | 80.3 | 75.9 | - |
| 79 | 1 | 79 | 93.2 | - | - | 79 | 1 | 79 | 151.1 | 108.5 | - |
| 80 | 1 | 79 | 83.0 | 76.2 | 80.1 | 80 | 1 | 80 | 90.6 | 110.9 | 103.8 |
| 81 | 1 | 80 | 76.7 | 80.3 | 83.4 | 81 | 1 | 80 | 123.2 | 106.0 | 129.9 |
| 82 | 1 | 80 | 115.6 | - | - | 82 | 1 | 81 | 92.7 | 98.5 | 90.0 |
| 83 | 1 | 81 | 117.6 | 109.7 | 123.5 | 83 | 1 | 83 | 114.3 | - | - |
| 84 | 1 | 82 | 104.3 | 104.9 | 97.9 | 84 | 1 | 84 | - | 82.8 | - |
| 85 | 1 | 84 | 76.8 | - | - | 85 | 1 | 88 | 58.1 | 59.5 | 58.6 |
| 86 | 1 | 86 | 68.1 | 67.6 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料5：握力

健康教室

| No. | 性別 | 年齢 | 握力(kg) | | |
|-----|----|----|--------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 45 | - | 33.0 |
| 2 | 0 | 67 | 41 | 41.0 | 41.0 |
| 3 | 0 | 67 | 43.5 | - | - |
| 4 | 0 | 68 | 39 | 42.0 | 41.0 |
| 5 | 0 | 68 | 40.4 | 34.9 | 31.0 |
| 6 | 0 | 70 | 42 | - | - |
| 7 | 0 | 70 | 37.8 | 38.1 | 29.0 |
| 8 | 0 | 71 | 47 | 46.0 | 39.0 |
| 9 | 0 | 71 | 42.7 | 40.7 | 37.0 |
| 10 | 0 | 73 | 34.5 | 30.5 | 31.0 |
| 11 | 0 | 74 | 32.8 | 33.8 | 31.0 |
| 12 | 0 | 74 | 30.9 | 30.8 | 24.0 |
| 13 | 0 | 76 | 29 | 31.5 | 29.0 |
| 14 | 0 | 76 | 27.5 | 28.0 | 27.0 |
| 15 | 0 | 76 | 39 | 25.0 | - |
| 16 | 0 | 76 | 35.5 | - | - |
| 17 | 0 | 77 | 30 | 30.0 | 31.0 |
| 18 | 0 | 77 | 37 | 42.0 | 35.0 |
| 19 | 0 | 77 | 33.5 | - | - |
| 20 | 0 | 79 | 26 | 20.0 | 28.0 |
| 21 | 0 | 79 | 33 | 30.0 | 28.0 |
| 22 | 0 | 79 | 36 | - | - |
| 23 | 0 | 79 | 37 | 39.5 | 36.0 |
| 24 | 0 | 79 | 36 | 34.0 | - |
| 25 | 0 | 80 | 29.5 | 25.0 | 27.0 |
| 26 | 0 | 80 | 40 | - | 32.0 |
| 27 | 0 | 80 | 30 | 35.5 | 37.0 |
| 28 | 0 | 80 | 46.5 | 43.5 | 41.0 |
| 29 | 0 | 80 | 31.2 | 38.7 | 33.0 |
| 30 | 0 | 82 | 30 | - | - |
| 31 | 0 | 83 | 35 | 27.0 | 30.0 |
| 32 | 0 | 86 | 24 | 24.5 | 22.0 |
| 33 | 0 | 86 | 27.5 | 26.5 | - |
| 34 | 0 | 91 | 29 | 28.0 | 23.0 |
| 35 | 0 | 92 | 27.5 | 26.0 | - |
| 36 | 1 | 65 | 24 | 20.0 | 18.0 |
| 37 | 1 | 65 | 25.4 | 27.0 | 22.0 |
| 38 | 1 | 65 | 30.4 | - | - |
| 39 | 1 | 65 | 23.5 | - | - |
| 40 | 1 | 66 | 31.5 | - | - |
| 41 | 1 | 66 | 30 | 32.0 | - |
| 42 | 1 | 66 | 32 | 30.0 | 26.0 |
| 43 | 1 | 67 | 24.5 | 24.5 | 19.0 |

CGT

| No. | 性別 | 年齢 | 握力(kg) | | |
|-----|----|----|--------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 44.6 | 48.1 | 38.0 |
| 2 | 0 | 66 | 37.5 | 44.7 | 41.0 |
| 3 | 0 | 68 | 24.4 | 29.1 | 22.0 |
| 4 | 0 | 69 | 21.8 | 32.9 | 28.0 |
| 5 | 0 | 71 | 28 | 25.5 | 32.0 |
| 6 | 0 | 71 | 35 | 35.0 | 31.0 |
| 7 | 0 | 71 | 34.8 | 30.8 | 26.0 |
| 8 | 0 | 72 | 33 | 36.5 | 36.0 |
| 9 | 0 | 72 | 44.5 | 41.0 | 36.0 |
| 10 | 0 | 72 | 48.2 | 45.8 | 33.0 |
| 11 | 0 | 73 | 38 | 40.5 | 42.0 |
| 12 | 0 | 73 | 36.5 | 33.2 | 33.0 |
| 13 | 0 | 73 | 40.2 | 38.6 | 31.0 |
| 14 | 0 | 74 | 40 | 28.0 | 37.0 |
| 15 | 0 | 74 | 31.5 | 40.0 | 34.0 |
| 16 | 0 | 74 | 33 | - | - |
| 17 | 0 | 75 | 24 | - | - |
| 18 | 0 | 75 | 26.5 | 23.0 | - |
| 19 | 0 | 75 | 37.8 | 33.6 | 31.0 |
| 20 | 0 | 76 | 40.5 | 31.5 | 39.0 |
| 21 | 0 | 77 | 37 | 38.0 | 35.0 |
| 22 | 0 | 77 | 39 | 30.0 | - |
| 23 | 0 | 77 | 30 | 29.0 | - |
| 24 | 0 | 77 | 42 | 27.5 | 31.0 |
| 25 | 0 | 77 | 32.5 | 33.2 | 34.0 |
| 26 | 0 | 78 | 33 | 24.0 | 30.0 |
| 27 | 0 | 79 | 36 | 32.0 | - |
| 28 | 0 | 80 | 35 | 32.0 | 29.0 |
| 29 | 0 | 80 | 34.5 | - | 34.0 |
| 30 | 0 | 81 | 33.5 | 25.5 | - |
| 31 | 0 | 82 | 32.5 | 30.0 | 31.0 |
| 32 | 0 | 83 | 20.5 | - | - |
| 33 | 1 | 65 | 30.6 | - | - |
| 34 | 1 | 65 | 25.6 | - | - |
| 35 | 1 | 65 | 25.7 | - | - |
| 36 | 1 | 66 | 27 | - | - |
| 37 | 1 | 66 | 29 | 25.5 | 23.0 |
| 38 | 1 | 66 | 34 | 34.0 | 29.0 |
| 39 | 1 | 67 | 22 | 20.0 | 18.0 |
| 40 | 1 | 67 | 26.5 | 25.5 | - |
| 41 | 1 | 67 | 23.5 | 25.5 | 20.0 |
| 42 | 1 | 67 | 23.3 | 24.5 | 19.0 |
| 43 | 1 | 68 | 25.5 | 25.0 | 23.0 |

| | | | | | | | | | | | |
|----|---|----|------|------|------|----|---|----|------|------|------|
| 44 | 1 | 67 | 20.5 | 21.5 | 21.0 | 44 | 1 | 69 | 22 | 19.0 | - |
| 45 | 1 | 67 | 18.5 | - | - | 45 | 1 | 69 | 30.5 | 28.0 | - |
| 46 | 1 | 67 | 24 | 21.0 | 17.0 | 46 | 1 | 69 | 30 | 33.0 | 32.0 |
| 47 | 1 | 67 | 22 | 23.0 | 22.0 | 47 | 1 | 70 | 25.5 | 21.0 | 21.0 |
| 48 | 1 | 67 | 23.5 | 31.0 | 31.0 | 48 | 1 | 70 | 19 | 21.0 | 16.0 |
| 49 | 1 | 67 | 36.5 | 36.0 | 37.0 | 49 | 1 | 70 | 29.5 | 29.0 | 31.0 |
| 50 | 1 | 68 | 26.5 | - | - | 50 | 1 | 71 | 29 | 25.0 | 24.0 |
| 51 | 1 | 69 | 23 | 19.0 | 21.0 | 51 | 1 | 71 | 22 | 19.0 | - |
| 52 | 1 | 69 | 25.5 | 27.5 | 23.0 | 52 | 1 | 71 | 23.3 | 24.0 | 19.0 |
| 53 | 1 | 69 | 24.5 | 26.0 | 23.0 | 53 | 1 | 72 | 29 | 23.5 | 21.0 |
| 54 | 1 | 69 | 24 | 25.0 | - | 54 | 1 | 72 | 23.5 | 19.0 | - |
| 55 | 1 | 70 | 25.5 | 23.0 | 24.0 | 55 | 1 | 72 | 24.5 | 26.0 | 21.0 |
| 56 | 1 | 70 | 23 | 21.5 | - | 56 | 1 | 72 | 26 | 24.8 | 20.0 |
| 57 | 1 | 71 | 31.5 | 33.0 | 31.0 | 57 | 1 | 73 | 23.5 | 26.0 | 20.0 |
| 58 | 1 | 72 | 17 | - | 15.0 | 58 | 1 | 73 | 18.5 | 15.0 | - |
| 59 | 1 | 72 | 22.1 | 20.4 | - | 59 | 1 | 73 | 18.5 | - | 13.0 |
| 60 | 1 | 72 | 27.4 | - | - | 60 | 1 | 73 | 26.5 | 26.0 | - |
| 61 | 1 | 73 | 22 | 25.5 | 20.0 | 61 | 1 | 73 | 33.5 | 32.0 | 28.0 |
| 62 | 1 | 73 | 23.5 | 19.0 | - | 62 | 1 | 74 | 21.5 | 21.0 | 17.0 |
| 63 | 1 | 74 | 24 | 11.5 | 19.0 | 63 | 1 | 74 | 30 | 20.0 | 28.0 |
| 64 | 1 | 74 | 26 | 27.5 | 25.0 | 64 | 1 | 74 | 19 | 18.0 | 14.0 |
| 65 | 1 | 75 | 18.5 | 20.0 | 19.0 | 65 | 1 | 75 | 20 | 16.0 | 16.0 |
| 66 | 1 | 75 | 28.5 | 29.0 | 27.0 | 66 | 1 | 75 | 14 | 18.0 | - |
| 67 | 1 | 75 | 19.4 | 20.9 | - | 67 | 1 | 76 | 22.5 | 20.0 | - |
| 68 | 1 | 75 | 20.9 | - | - | 68 | 1 | 76 | 24 | 19.5 | 22.0 |
| 69 | 1 | 76 | 23.5 | 20.0 | 23.0 | 69 | 1 | 77 | 23 | 23.5 | 18.0 |
| 70 | 1 | 76 | 22.5 | 16.0 | 17.0 | 70 | 1 | 77 | 22 | 19.0 | 21.0 |
| 71 | 1 | 76 | 26.5 | 21.0 | - | 71 | 1 | 77 | 20 | - | - |
| 72 | 1 | 76 | 27 | 20.0 | - | 72 | 1 | 77 | 29.5 | 30.0 | - |
| 73 | 1 | 76 | 25.5 | 25.0 | 23.0 | 73 | 1 | 78 | 20 | - | - |
| 74 | 1 | 76 | 28.9 | - | 23.0 | 74 | 1 | 78 | 17 | - | 17.0 |
| 75 | 1 | 78 | 25.5 | 25.0 | 27.0 | 75 | 1 | 78 | 23 | - | - |
| 76 | 1 | 78 | 20.5 | 17.5 | 20.0 | 76 | 1 | 79 | 18.5 | 19.5 | 17.0 |
| 77 | 1 | 78 | 24 | 22.0 | - | 77 | 1 | 79 | 16.5 | 12.0 | - |
| 78 | 1 | 79 | 21 | - | - | 78 | 1 | 79 | 22 | 24.5 | - |
| 79 | 1 | 79 | 23.5 | - | - | 79 | 1 | 79 | 24.5 | 24.5 | - |
| 80 | 1 | 79 | 18 | 18.5 | 18.0 | 80 | 1 | 80 | 18.5 | 12.5 | 13.0 |
| 81 | 1 | 80 | 16 | 17.0 | 14.0 | 81 | 1 | 80 | 30 | 31.5 | 26.0 |
| 82 | 1 | 80 | 19 | - | - | 82 | 1 | 81 | 21.3 | 20.2 | 14.0 |
| 83 | 1 | 81 | 23.5 | 23.0 | 21.0 | 83 | 1 | 83 | 20.5 | - | - |
| 84 | 1 | 82 | 16.5 | 12.5 | 15.0 | 84 | 1 | 84 | - | 11.5 | - |
| 85 | 1 | 84 | 17.5 | - | - | 85 | 1 | 88 | 14 | 16.5 | 13.0 |
| 86 | 1 | 86 | 19 | 19.0 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料 6 : ファンクショナル・リーチ

健康教室

| No. | 性別 | 年齢 | ファンクショナル・リーチ (cm) | | |
|-----|----|----|-------------------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 37.0 | - | 38.0 |
| 2 | 0 | 67 | 33.2 | 35.0 | 34.7 |
| 3 | 0 | 67 | 43.5 | - | - |
| 4 | 0 | 68 | 47.4 | 45.7 | 42.7 |
| 5 | 0 | 68 | 37.5 | 31.8 | 27.7 |
| 6 | 0 | 70 | 39.5 | - | - |
| 7 | 0 | 70 | 40.5 | 42.0 | 35.9 |
| 8 | 0 | 71 | 34.5 | 39.5 | 39.5 |
| 9 | 0 | 71 | 41.5 | 42.0 | 40.5 |
| 10 | 0 | 73 | 33.1 | 34.3 | 34.1 |
| 11 | 0 | 74 | 37.9 | 37.5 | 27.5 |
| 12 | 0 | 74 | 36.4 | 41.0 | 36.5 |
| 13 | 0 | 76 | 31.2 | 33.2 | 38.0 |
| 14 | 0 | 76 | 37.3 | 29.5 | 39.0 |
| 15 | 0 | 76 | 38.2 | 37.0 | - |
| 16 | 0 | 76 | 29.5 | - | - |
| 17 | 0 | 77 | 28.0 | 23.0 | 24.4 |
| 18 | 0 | 77 | 31.8 | 37.0 | 32.3 |
| 19 | 0 | 77 | 37.0 | - | - |
| 20 | 0 | 79 | 35.5 | 29.5 | 27.5 |
| 21 | 0 | 79 | 35.4 | 33.4 | 34.0 |
| 22 | 0 | 79 | 40.8 | - | - |
| 23 | 0 | 79 | 41.0 | 31.6 | 33.4 |
| 24 | 0 | 79 | 37.0 | 28.3 | - |
| 25 | 0 | 80 | 36.1 | 39.1 | 37.5 |
| 26 | 0 | 80 | 30.4 | - | 28.5 |
| 27 | 0 | 80 | 38.4 | 36.9 | 32.5 |
| 28 | 0 | 80 | 43.3 | 34.4 | 38.5 |
| 29 | 0 | 80 | 35.0 | 33.0 | 40.8 |
| 30 | 0 | 82 | 36.5 | - | - |
| 31 | 0 | 83 | 37.7 | 29.0 | 35.7 |
| 32 | 0 | 86 | 34.0 | 37.1 | 32.2 |
| 33 | 0 | 86 | 25.6 | 24.2 | - |
| 34 | 0 | 91 | 21.4 | 25.6 | 24.8 |
| 35 | 0 | 92 | 34.5 | 39.4 | - |
| 36 | 1 | 65 | 31.6 | 32.6 | 30.0 |
| 37 | 1 | 65 | 37.5 | 29.7 | 36.1 |
| 38 | 1 | 65 | 38.5 | - | - |
| 39 | 1 | 65 | 36.0 | - | - |
| 40 | 1 | 66 | 37.9 | - | - |
| 41 | 1 | 66 | 35.8 | 29.8 | - |
| 42 | 1 | 66 | 40.0 | 35.0 | 35.7 |
| 43 | 1 | 67 | 38.2 | 40.0 | 44.5 |

CGT

| No. | 性別 | 年齢 | ファンクショナル・リーチ (cm) | | |
|-----|----|----|-------------------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 48.5 | 45.2 | 46.7 |
| 2 | 0 | 66 | 31.5 | 41.7 | 32.8 |
| 3 | 0 | 68 | 28.0 | 26.0 | 28.9 |
| 4 | 0 | 69 | 21.5 | 39.0 | 37.5 |
| 5 | 0 | 71 | 32.4 | 27.0 | 36.2 |
| 6 | 0 | 71 | 35.0 | 41.0 | 29.8 |
| 7 | 0 | 71 | 39.5 | 38.3 | 44.0 |
| 8 | 0 | 72 | 37.4 | 38.0 | 32.7 |
| 9 | 0 | 72 | 35.0 | 39.0 | 32.0 |
| 10 | 0 | 72 | 41.7 | 42.2 | 40.7 |
| 11 | 0 | 73 | 42.0 | 45.0 | 45.2 |
| 12 | 0 | 73 | 42.5 | 38.0 | 40.2 |
| 13 | 0 | 73 | 31.9 | 33.0 | 28.0 |
| 14 | 0 | 74 | 39.7 | 35.7 | 46.4 |
| 15 | 0 | 74 | 31.8 | 34.0 | 40.9 |
| 16 | 0 | 74 | 31.3 | - | - |
| 17 | 0 | 75 | 26.3 | - | - |
| 18 | 0 | 75 | 36.7 | 30.9 | - |
| 19 | 0 | 75 | 42.5 | 43.0 | 40.3 |
| 20 | 0 | 76 | 29.1 | 29.1 | 29.6 |
| 21 | 0 | 77 | 38.7 | 37.8 | 36.0 |
| 22 | 0 | 77 | 40.8 | 46.0 | - |
| 23 | 0 | 77 | 32.0 | 29.0 | - |
| 24 | 0 | 77 | 37.5 | 36.7 | 31.0 |
| 25 | 0 | 77 | 43.1 | 42.0 | 40.2 |
| 26 | 0 | 78 | 31.5 | 26.5 | 25.6 |
| 27 | 0 | 79 | 31.2 | 22.5 | - |
| 28 | 0 | 80 | 37.2 | 35.2 | 37.2 |
| 29 | 0 | 80 | 24.3 | - | 26.5 |
| 30 | 0 | 81 | 35.3 | 31.9 | 27.2 |
| 31 | 0 | 82 | 37.8 | 32.3 | 38.5 |
| 32 | 0 | 83 | 27.7 | - | - |
| 33 | 1 | 65 | 35.5 | - | - |
| 34 | 1 | 65 | 35.5 | - | - |
| 35 | 1 | 65 | 34.0 | - | - |
| 36 | 1 | 66 | 31.4 | - | - |
| 37 | 1 | 66 | 38.0 | 33.5 | 34.5 |
| 38 | 1 | 66 | 47.6 | 35.5 | 40.3 |
| 39 | 1 | 67 | 23.9 | 27.5 | 25.5 |
| 40 | 1 | 67 | 33.2 | 32.8 | - |
| 41 | 1 | 67 | 29.5 | 30.0 | 31.0 |
| 42 | 1 | 67 | 34.7 | 34.0 | 32.6 |
| 43 | 1 | 68 | 37.0 | 31.2 | 29.2 |

| | | | | | | | | | | | |
|----|---|----|------|------|------|----|---|----|------|------|------|
| 44 | 1 | 67 | 36.8 | 39.2 | 36.4 | 44 | 1 | 69 | 26.3 | 22.3 | - |
| 45 | 1 | 67 | 30.6 | - | - | 45 | 1 | 69 | 31.8 | 43.8 | - |
| 46 | 1 | 67 | 34.0 | 29.8 | 29.5 | 46 | 1 | 69 | 46.0 | 35.8 | 41.5 |
| 47 | 1 | 67 | 34.0 | 31.7 | 33.0 | 47 | 1 | 70 | 36.6 | 29.0 | 36.0 |
| 48 | 1 | 67 | 46.0 | 48.8 | 39.0 | 48 | 1 | 70 | 30.2 | 29.1 | 27.0 |
| 49 | 1 | 67 | 41.0 | 38.8 | 36.0 | 49 | 1 | 70 | 39.0 | 37.8 | 32.3 |
| 50 | 1 | 68 | 37.9 | - | - | 50 | 1 | 71 | 43.0 | 45.5 | 44.1 |
| 51 | 1 | 69 | 44.2 | 39.4 | 30.4 | 51 | 1 | 71 | 39.4 | 32.7 | - |
| 52 | 1 | 69 | 25.4 | 30.5 | 34.1 | 52 | 1 | 71 | 39.9 | 45.3 | 40.4 |
| 53 | 1 | 69 | 36.7 | 28.4 | 27.0 | 53 | 1 | 72 | 35.6 | 40.7 | 43.6 |
| 54 | 1 | 69 | 27.3 | 27.4 | - | 54 | 1 | 72 | 29.4 | 24.4 | - |
| 55 | 1 | 70 | 32.1 | 32.8 | 42.0 | 55 | 1 | 72 | 29.4 | 32.2 | 36.0 |
| 56 | 1 | 70 | 33.0 | 28.8 | - | 56 | 1 | 72 | 36.5 | 37.0 | 39.7 |
| 57 | 1 | 71 | 39.2 | 47.0 | 43.7 | 57 | 1 | 73 | 26.4 | 36.8 | 32.5 |
| 58 | 1 | 72 | 23.7 | - | 19.0 | 58 | 1 | 73 | 25.2 | 29.2 | - |
| 59 | 1 | 72 | 36.0 | 30.5 | - | 59 | 1 | 73 | 31.5 | - | 34.0 |
| 60 | 1 | 72 | 37.6 | - | - | 60 | 1 | 73 | 29.5 | 33.5 | - |
| 61 | 1 | 73 | 24.7 | 33.9 | 35.0 | 61 | 1 | 73 | 40.5 | 41.8 | 38.0 |
| 62 | 1 | 73 | 31.0 | 25.6 | - | 62 | 1 | 74 | 40.5 | 37.2 | 35.2 |
| 63 | 1 | 74 | 33.2 | 33.4 | 32.5 | 63 | 1 | 74 | 42.6 | 39.4 | 35.2 |
| 64 | 1 | 74 | 42.5 | 38.0 | 32.9 | 64 | 1 | 74 | 33.7 | 28.4 | 24.9 |
| 65 | 1 | 75 | 26.8 | 30.4 | 32.0 | 65 | 1 | 75 | 37.0 | 29.0 | 34.1 |
| 66 | 1 | 75 | 35.0 | 28.4 | 40.4 | 66 | 1 | 75 | 35.4 | 29.2 | - |
| 67 | 1 | 75 | 19.0 | 23.0 | - | 67 | 1 | 76 | 40.5 | 35.6 | 26.6 |
| 68 | 1 | 75 | 31.0 | - | - | 68 | 1 | 76 | 26.5 | 25.0 | 32.6 |
| 69 | 1 | 76 | 33.6 | 32.8 | 35.0 | 69 | 1 | 77 | 37.2 | 32.0 | 32.4 |
| 70 | 1 | 76 | 32.6 | 37.2 | 33.0 | 70 | 1 | 77 | 33.7 | 31.5 | 39.4 |
| 71 | 1 | 76 | 28.2 | 28.5 | - | 71 | 1 | 77 | 27.7 | - | - |
| 72 | 1 | 76 | 32.0 | 31.5 | - | 72 | 1 | 77 | 38.0 | 34.7 | - |
| 73 | 1 | 76 | 30.4 | 31.1 | 28.0 | 73 | 1 | 78 | 30.2 | - | - |
| 74 | 1 | 76 | 39.5 | - | 29.7 | 74 | 1 | 78 | 28.3 | - | 27.8 |
| 75 | 1 | 78 | 30.0 | 36.4 | 29.4 | 75 | 1 | 78 | 27.5 | - | - |
| 76 | 1 | 78 | 29.8 | 28.2 | 38.5 | 76 | 1 | 79 | 29.9 | 29.5 | 26.6 |
| 77 | 1 | 78 | 35.5 | 31.3 | - | 77 | 1 | 79 | 42.5 | 33.9 | - |
| 78 | 1 | 79 | 37.8 | - | - | 78 | 1 | 79 | 29.5 | 27.1 | - |
| 79 | 1 | 79 | 33.5 | - | - | 79 | 1 | 79 | 40.0 | 38.8 | - |
| 80 | 1 | 79 | 31.5 | 31.0 | 29.8 | 80 | 1 | 80 | 24.6 | 37.5 | 27.8 |
| 81 | 1 | 80 | 24.5 | 22.0 | 19.5 | 81 | 1 | 80 | 34.2 | 24.0 | 35.4 |
| 82 | 1 | 80 | 34.9 | - | - | 82 | 1 | 81 | 23.5 | 30.5 | 18.3 |
| 83 | 1 | 81 | 36.3 | 41.0 | 34.0 | 83 | 1 | 83 | 36.3 | - | - |
| 84 | 1 | 82 | 36.8 | 32.1 | 27.7 | 84 | 1 | 84 | 40.6 | 32.2 | - |
| 85 | 1 | 84 | 25.6 | - | - | 85 | 1 | 88 | 23.2 | 26.1 | 16.5 |
| 86 | 1 | 86 | 27.1 | 25.4 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料7：長座体前屈

健康教室

| No. | 性別 | 年齢 | 長座体前屈 (cm) | | |
|-----|----|----|------------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 30.0 | - | 14.0 |
| 2 | 0 | 67 | 35.0 | 36.5 | 23.5 |
| 3 | 0 | 67 | 38.0 | - | - |
| 4 | 0 | 68 | 29.5 | 22.5 | 22.0 |
| 5 | 0 | 68 | 44.0 | 41.5 | 47.0 |
| 6 | 0 | 70 | 30.0 | - | - |
| 7 | 0 | 70 | 16.0 | 18.0 | 17.5 |
| 8 | 0 | 71 | 14.0 | 10.0 | 15.0 |
| 9 | 0 | 71 | 32.5 | 42.5 | 36.5 |
| 10 | 0 | 73 | 9.0 | 11.0 | 19.5 |
| 11 | 0 | 74 | 23.0 | 17.5 | - |
| 12 | 0 | 74 | 20.5 | 30.5 | 29.0 |
| 13 | 0 | 76 | 22.0 | 38.5 | 39.0 |
| 14 | 0 | 76 | 32.5 | 36.5 | 44.5 |
| 15 | 0 | 76 | 26.5 | 35.5 | - |
| 16 | 0 | 76 | 18.5 | - | - |
| 17 | 0 | 77 | 32.0 | 30.0 | 34.0 |
| 18 | 0 | 77 | 35.0 | 40.0 | 34.0 |
| 19 | 0 | 77 | 34.0 | - | - |
| 20 | 0 | 79 | 39.0 | 39.5 | 35.0 |
| 21 | 0 | 79 | 29.0 | 28.5 | 33.0 |
| 22 | 0 | 79 | 33.5 | - | - |
| 23 | 0 | 79 | 32.5 | 36.5 | 38.0 |
| 24 | 0 | 79 | 22.0 | 27.5 | - |
| 25 | 0 | 80 | 33.5 | 42.0 | 37.5 |
| 26 | 0 | 80 | 36.5 | - | 30.0 |
| 27 | 0 | 80 | 21.0 | 31.5 | 30.5 |
| 28 | 0 | 80 | 17.0 | 12.0 | 14.5 |
| 29 | 0 | 80 | 35.5 | 31.5 | 34.5 |
| 30 | 0 | 82 | 23.5 | - | - |
| 31 | 0 | 83 | 34.0 | 41.5 | 33.5 |
| 32 | 0 | 86 | 25.0 | 30.5 | 27.5 |
| 33 | 0 | 86 | 29.5 | 20.0 | - |
| 34 | 0 | 91 | 15.5 | 16.5 | 15.5 |
| 35 | 0 | 92 | 36.5 | 31.5 | - |
| 36 | 1 | 65 | 42.0 | 44.5 | 41.0 |
| 37 | 1 | 65 | 39.5 | 38.0 | 37.0 |
| 38 | 1 | 65 | 42.0 | - | - |
| 39 | 1 | 65 | 46.0 | - | - |
| 40 | 1 | 66 | 40.5 | - | - |
| 41 | 1 | 66 | 33.5 | 34.0 | - |
| 42 | 1 | 66 | 28.0 | 33.0 | 29.5 |
| 43 | 1 | 67 | 43.5 | 42.0 | 42.0 |

CGT

| No. | 性別 | 年齢 | 長座体前屈 (cm) | | |
|-----|----|----|------------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 39.0 | 48.5 | 42.0 |
| 2 | 0 | 66 | 37.5 | 46.5 | 40.0 |
| 3 | 0 | 68 | 14.0 | 21.0 | 15.5 |
| 4 | 0 | 69 | 12.0 | 33.0 | 33.0 |
| 5 | 0 | 71 | 15.5 | 17.0 | 20.0 |
| 6 | 0 | 71 | 27.5 | 30.5 | 29.5 |
| 7 | 0 | 71 | 25.0 | 32.0 | 26.5 |
| 8 | 0 | 72 | 22.5 | 31.5 | 35.0 |
| 9 | 0 | 72 | 36.5 | 34.5 | 32.0 |
| 10 | 0 | 72 | 25.0 | 34.5 | 32.5 |
| 11 | 0 | 73 | 33.0 | 43.0 | 48.0 |
| 12 | 0 | 73 | 45.0 | 43.5 | 38.0 |
| 13 | 0 | 73 | 15.0 | 31.0 | 18.5 |
| 14 | 0 | 74 | 22.0 | 19.5 | 20.0 |
| 15 | 0 | 74 | 46.0 | 36.5 | 33.0 |
| 16 | 0 | 74 | 28.5 | - | - |
| 17 | 0 | 75 | 25.5 | - | - |
| 18 | 0 | 75 | 23.0 | 19.0 | - |
| 19 | 0 | 75 | 42.5 | 49.0 | 39.0 |
| 20 | 0 | 76 | 34.5 | 42.5 | 43.0 |
| 21 | 0 | 77 | 50.0 | 47.0 | 47.5 |
| 22 | 0 | 77 | 46.5 | 46.5 | - |
| 23 | 0 | 77 | 12.0 | 23.0 | - |
| 24 | 0 | 77 | 27.0 | 29.0 | 31.0 |
| 25 | 0 | 77 | 28.0 | 22.0 | 19.5 |
| 26 | 0 | 78 | 30.0 | 32.9 | 28.0 |
| 27 | 0 | 79 | 25.5 | 22.5 | - |
| 28 | 0 | 80 | 28.0 | 38.5 | 28.5 |
| 29 | 0 | 80 | 14.5 | - | 16.0 |
| 30 | 0 | 81 | 15.0 | 10.5 | 13.5 |
| 31 | 0 | 82 | 37.0 | 29.0 | 27.0 |
| 32 | 0 | 83 | 29.5 | - | - |
| 33 | 1 | 65 | 26.5 | - | - |
| 34 | 1 | 65 | 42.5 | - | - |
| 35 | 1 | 65 | 36.5 | - | - |
| 36 | 1 | 66 | 32.0 | - | - |
| 37 | 1 | 66 | 42.0 | 40.0 | 46.0 |
| 38 | 1 | 66 | 39.5 | 34.0 | 39.5 |
| 39 | 1 | 67 | 29.5 | 32.0 | 29.5 |
| 40 | 1 | 67 | 38.0 | 32.0 | - |
| 41 | 1 | 67 | 31.0 | 33.5 | 33.0 |
| 42 | 1 | 67 | 19.5 | 22.0 | 19.5 |
| 43 | 1 | 68 | 41.0 | 37.0 | 36.0 |

| | | | | | | | | | | | |
|----|---|----|------|------|------|----|---|----|------|------|------|
| 44 | 1 | 67 | 41.5 | 41.0 | 41.5 | 44 | 1 | 69 | 33.5 | - | - |
| 45 | 1 | 67 | 3.0 | - | - | 45 | 1 | 69 | 33.0 | 38.0 | - |
| 46 | 1 | 67 | 33.5 | 38.5 | 38.5 | 46 | 1 | 69 | 40.5 | 38.0 | 39.5 |
| 47 | 1 | 67 | 42.5 | 44.5 | 47.5 | 47 | 1 | 70 | 26.0 | 33.5 | 43.5 |
| 48 | 1 | 67 | 56.5 | 58.5 | 60.0 | 48 | 1 | 70 | 42.0 | 39.5 | 42.0 |
| 49 | 1 | 67 | 39.5 | 45.0 | 43.0 | 49 | 1 | 70 | 39.0 | 45.0 | 40.0 |
| 50 | 1 | 68 | 45.0 | - | - | 50 | 1 | 71 | 40.5 | 38.5 | 42.5 |
| 51 | 1 | 69 | 40.5 | 41.5 | 36.0 | 51 | 1 | 71 | 38.5 | 37.5 | - |
| 52 | 1 | 69 | 30.5 | 32.5 | 35.5 | 52 | 1 | 71 | 36.0 | 41.5 | 40.0 |
| 53 | 1 | 69 | 31.0 | 22.5 | 20.5 | 53 | 1 | 72 | 49.5 | 47.5 | 52.5 |
| 54 | 1 | 69 | 42.0 | 39.5 | - | 54 | 1 | 72 | 35.5 | 31.0 | - |
| 55 | 1 | 70 | 40.0 | 37.5 | 41.0 | 55 | 1 | 72 | 33.0 | 40.5 | 36.5 |
| 56 | 1 | 70 | 41.0 | 51.0 | - | 56 | 1 | 72 | 38.0 | 36.0 | 36.0 |
| 57 | 1 | 71 | 36.0 | 27.5 | 33.5 | 57 | 1 | 73 | 35.5 | 38.0 | 40.5 |
| 58 | 1 | 72 | 28.0 | - | 28.0 | 58 | 1 | 73 | 16.0 | 20.5 | - |
| 59 | 1 | 72 | 46.5 | 42.0 | - | 59 | 1 | 73 | 24.5 | - | 27.5 |
| 60 | 1 | 72 | 39.0 | - | - | 60 | 1 | 73 | 39.0 | 39.0 | - |
| 61 | 1 | 73 | 43.5 | 36.5 | 43.0 | 61 | 1 | 73 | 50.5 | 51.5 | 50.0 |
| 62 | 1 | 73 | 33.5 | 39.0 | - | 62 | 1 | 74 | 26.5 | 28.0 | 29.0 |
| 63 | 1 | 74 | 26.5 | 34.5 | 37.0 | 63 | 1 | 74 | 25.0 | 29.5 | 33.0 |
| 64 | 1 | 74 | 34.5 | 32.5 | 29.5 | 64 | 1 | 74 | 33.5 | 34.5 | 37.5 |
| 65 | 1 | 75 | 34.5 | 35.5 | 32.5 | 65 | 1 | 75 | 26.0 | 33.5 | 36.5 |
| 66 | 1 | 75 | 52.0 | 50.0 | 50.0 | 66 | 1 | 75 | 28.5 | 33.0 | - |
| 67 | 1 | 75 | 30.0 | 32.5 | - | 67 | 1 | 76 | 26.5 | 30.5 | 25.0 |
| 68 | 1 | 75 | 21.5 | - | - | 68 | 1 | 76 | 33.0 | 32.0 | 31.5 |
| 69 | 1 | 76 | 29.5 | 30.0 | 28.0 | 69 | 1 | 77 | 26.5 | 34.0 | 36.5 |
| 70 | 1 | 76 | 46.0 | 43.0 | 38.0 | 70 | 1 | 77 | 41.5 | 41.5 | 49.0 |
| 71 | 1 | 76 | 26.5 | 35.5 | - | 71 | 1 | 77 | 28.5 | - | - |
| 72 | 1 | 76 | 39.5 | 40.5 | - | 72 | 1 | 77 | 38.0 | 37.5 | - |
| 73 | 1 | 76 | 18.5 | 24.5 | 17.0 | 73 | 1 | 78 | 12.5 | - | - |
| 74 | 1 | 76 | 47.5 | - | 50.0 | 74 | 1 | 78 | 30.2 | - | 41.5 |
| 75 | 1 | 78 | 26.0 | 30.5 | 30.0 | 75 | 1 | 78 | 25.5 | - | - |
| 76 | 1 | 78 | 35.0 | 38.0 | 38.5 | 76 | 1 | 79 | 28.5 | 28.5 | 29.5 |
| 77 | 1 | 78 | 38.0 | 38.0 | - | 77 | 1 | 79 | 45.5 | 51.5 | - |
| 78 | 1 | 79 | 22.0 | - | - | 78 | 1 | 79 | 28.0 | 27.0 | - |
| 79 | 1 | 79 | 39.0 | - | - | 79 | 1 | 79 | 42.5 | 40.0 | - |
| 80 | 1 | 79 | 35.0 | 25.5 | 29.0 | 80 | 1 | 80 | 33.5 | 32.0 | 34.0 |
| 81 | 1 | 80 | 20.5 | 24.5 | 21.5 | 81 | 1 | 80 | 48.0 | 45.5 | 44.5 |
| 82 | 1 | 80 | - | - | - | 82 | 1 | 81 | 21.5 | 16.0 | 16.0 |
| 83 | 1 | 81 | 30.0 | 33.0 | 36.5 | 83 | 1 | 83 | 31.0 | - | - |
| 84 | 1 | 82 | 34.0 | 40.0 | 40.5 | 84 | 1 | 84 | 32.5 | 24.5 | - |
| 85 | 1 | 84 | 28.5 | - | - | 85 | 1 | 88 | 16.5 | 19.5 | 19.0 |
| 86 | 1 | 86 | 36.0 | 40.5 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料8：開眼片足立ち

健康教室

| No. | 性別 | 年齢 | 開眼片足立ち(秒) | | |
|-----|----|----|-----------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 60.0 | - | 60.0 |
| 2 | 0 | 67 | 60.0 | 60.0 | 60.0 |
| 3 | 0 | 67 | 60.0 | - | - |
| 4 | 0 | 68 | 60.0 | 60.0 | 60.0 |
| 5 | 0 | 68 | 30.6 | 60.0 | 60.0 |
| 6 | 0 | 70 | 60.0 | - | - |
| 7 | 0 | 70 | 60.0 | 60.0 | 60.0 |
| 8 | 0 | 71 | 60.0 | 60.0 | 60.0 |
| 9 | 0 | 71 | 60.0 | 60.0 | 60.0 |
| 10 | 0 | 73 | 60.0 | 60.0 | 44.6 |
| 11 | 0 | 74 | 46.2 | 60.0 | 60.0 |
| 12 | 0 | 74 | 2.5 | 3.4 | 8.4 |
| 13 | 0 | 76 | 47.9 | 60.0 | 58.7 |
| 14 | 0 | 76 | 17.2 | 12.0 | 14.4 |
| 15 | 0 | 76 | 7.1 | 20.5 | - |
| 16 | 0 | 76 | 37.2 | - | - |
| 17 | 0 | 77 | 60.0 | 47.2 | 27.3 |
| 18 | 0 | 77 | 60.0 | 60.0 | 60.0 |
| 19 | 0 | 77 | 60.0 | - | - |
| 20 | 0 | 79 | 22.8 | 29.8 | 14.8 |
| 21 | 0 | 79 | 60.0 | 26.9 | 11.6 |
| 22 | 0 | 79 | 13.9 | - | - |
| 23 | 0 | 79 | 56.0 | 30.6 | 38.2 |
| 24 | 0 | 79 | 17.9 | 21.6 | - |
| 25 | 0 | 80 | 42.3 | 53.3 | 60.0 |
| 26 | 0 | 80 | 60.0 | - | 60.0 |
| 27 | 0 | 80 | 11.5 | 60.0 | 55.3 |
| 28 | 0 | 80 | 23.3 | 44.7 | 51.8 |
| 29 | 0 | 80 | 42.3 | 37.1 | 60.0 |
| 30 | 0 | 82 | 48.6 | 44.1 | - |
| 31 | 0 | 83 | 60.0 | 28.6 | 60.0 |
| 32 | 0 | 86 | 14.7 | 13.3 | 3.5 |
| 33 | 0 | 86 | 7.1 | 11.4 | - |
| 34 | 0 | 91 | 4.1 | 7.7 | 4.0 |
| 35 | 0 | 92 | 9.2 | 3.2 | - |
| 36 | 1 | 65 | 60.0 | 60.0 | 36.8 |
| 37 | 1 | 65 | 60.0 | 60.0 | 60.0 |
| 38 | 1 | 65 | 26.0 | - | - |
| 39 | 1 | 65 | 60.0 | - | - |
| 40 | 1 | 66 | 37.2 | - | - |
| 41 | 1 | 66 | 60.0 | 60.0 | - |
| 42 | 1 | 66 | 28.9 | 3.9 | 60.0 |
| 43 | 1 | 67 | 60.0 | 60.0 | 60.0 |

CGT

| No. | 性別 | 年齢 | 開眼片足立ち(秒) | | |
|-----|----|----|-----------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 60.0 | 60.0 | 60.0 |
| 2 | 0 | 66 | 5.1 | 60.0 | 60.0 |
| 3 | 0 | 68 | 5.2 | 3.9 | 3.7 |
| 4 | 0 | 69 | 4.9 | 8.7 | 22.1 |
| 5 | 0 | 71 | 60.0 | 60.0 | 60.0 |
| 6 | 0 | 71 | 20.9 | 60.0 | 60.0 |
| 7 | 0 | 71 | 60.0 | 60.0 | 60.0 |
| 8 | 0 | 72 | 29.4 | 4.8 | 8.0 |
| 9 | 0 | 72 | 60.0 | 60.0 | 60.0 |
| 10 | 0 | 72 | 60.0 | 60.0 | 60.0 |
| 11 | 0 | 73 | 60.0 | 60.0 | 60.0 |
| 12 | 0 | 73 | 60.0 | 60.0 | 60.0 |
| 13 | 0 | 73 | 60.0 | 60.0 | 60.0 |
| 14 | 0 | 74 | 60.0 | 48.7 | 60.0 |
| 15 | 0 | 74 | 12.8 | 4.8 | 22.7 |
| 16 | 0 | 74 | 48.2 | - | - |
| 17 | 0 | 75 | 18.3 | - | - |
| 18 | 0 | 75 | 7.6 | 60.0 | - |
| 19 | 0 | 75 | 60.0 | 60.0 | 60.0 |
| 20 | 0 | 76 | 4.4 | 39.2 | 60.0 |
| 21 | 0 | 77 | 19.5 | 60.0 | 60.0 |
| 22 | 0 | 77 | 60.0 | 60.0 | - |
| 23 | 0 | 77 | 3.5 | 5.3 | - |
| 24 | 0 | 77 | 26.2 | 22.8 | 60.0 |
| 25 | 0 | 77 | 12.3 | 6.1 | 12.0 |
| 26 | 0 | 78 | 60.0 | 60.0 | 46.0 |
| 27 | 0 | 79 | 13.7 | 4.4 | - |
| 28 | 0 | 80 | 17.3 | 15.8 | 18.5 |
| 29 | 0 | 80 | 3.8 | - | 16.5 |
| 30 | 0 | 81 | 60.0 | 57.1 | 60.0 |
| 31 | 0 | 82 | 60.0 | 46.0 | 60.0 |
| 32 | 0 | 83 | 4.2 | - | - |
| 33 | 1 | 65 | 60.0 | - | - |
| 34 | 1 | 65 | 33.0 | - | - |
| 35 | 1 | 65 | 60.0 | - | - |
| 36 | 1 | 66 | 60.0 | - | - |
| 37 | 1 | 66 | 48.0 | 60.0 | 60.0 |
| 38 | 1 | 66 | 60.0 | 60.0 | 60.0 |
| 39 | 1 | 67 | 60.0 | 60.0 | 60.0 |
| 40 | 1 | 67 | 60.0 | 60.0 | 0.0 |
| 41 | 1 | 67 | 46.4 | 60.0 | 60.0 |
| 42 | 1 | 67 | 30.6 | 60.0 | 60.0 |
| 43 | 1 | 68 | 31.2 | 60.0 | 60.0 |

| | | | | | | | | | | | |
|----|---|----|------|------|------|----|---|----|------|------|------|
| 44 | 1 | 67 | 5.7 | 21.9 | 36.7 | 44 | 1 | 69 | 3.8 | 1.0 | - |
| 45 | 1 | 67 | 11.3 | - | - | 45 | 1 | 69 | 59.8 | 60.0 | - |
| 46 | 1 | 67 | 60.0 | 60.0 | 60.0 | 46 | 1 | 69 | 36.0 | 23.6 | 60.0 |
| 47 | 1 | 67 | 16.4 | 60.0 | 60.0 | 47 | 1 | 70 | 23.0 | 60.0 | 60.0 |
| 48 | 1 | 67 | 60.0 | 60.0 | 60.0 | 48 | 1 | 70 | 60.0 | 60.0 | 60.0 |
| 49 | 1 | 67 | 18.5 | 47.9 | 44.6 | 49 | 1 | 70 | 26.3 | 60.0 | 45.9 |
| 50 | 1 | 68 | 18.9 | - | - | 50 | 1 | 71 | 60.0 | 60.0 | 60.0 |
| 51 | 1 | 69 | 49.1 | 60.0 | 60.0 | 51 | 1 | 71 | 60.0 | 60.0 | - |
| 52 | 1 | 69 | 60.0 | 60.0 | 60.0 | 52 | 1 | 71 | 60.0 | 60.0 | 60.0 |
| 53 | 1 | 69 | 46.6 | 41.4 | 49.5 | 53 | 1 | 72 | 60.0 | 60.0 | 60.0 |
| 54 | 1 | 69 | 12.6 | 29.6 | - | 54 | 1 | 72 | 29.5 | 5.1 | - |
| 55 | 1 | 70 | 60.0 | 60.0 | 22.0 | 55 | 1 | 72 | 23.2 | 60.0 | 60.0 |
| 56 | 1 | 70 | 60.0 | 60.0 | - | 56 | 1 | 72 | 60.0 | 60.0 | 60.0 |
| 57 | 1 | 71 | 60.0 | 60.0 | 60.0 | 57 | 1 | 73 | 60.0 | 60.0 | 60.0 |
| 58 | 1 | 72 | 60.0 | - | 60.0 | 58 | 1 | 73 | 60.0 | 60.0 | 0.0 |
| 59 | 1 | 72 | 15.8 | 3.9 | - | 59 | 1 | 73 | 60.0 | - | 60.0 |
| 60 | 1 | 72 | 60.0 | - | - | 60 | 1 | 73 | 6.1 | 7.3 | - |
| 61 | 1 | 73 | 14.6 | 8.8 | 12.0 | 61 | 1 | 73 | 60.0 | 60.0 | 60.0 |
| 62 | 1 | 73 | 60.0 | 30.3 | - | 62 | 1 | 74 | 60.0 | 23.0 | 60.0 |
| 63 | 1 | 74 | 5.0 | 17.1 | 13.6 | 63 | 1 | 74 | 60.0 | 60.0 | 60.0 |
| 64 | 1 | 74 | 44.9 | 60.0 | 60.0 | 64 | 1 | 74 | 5.5 | 9.5 | 12.4 |
| 65 | 1 | 75 | 60.0 | 60.0 | 40.0 | 65 | 1 | 75 | 60.0 | 58.5 | 60.0 |
| 66 | 1 | 75 | 13.3 | 18.0 | 58.6 | 66 | 1 | 75 | 4.3 | 12.2 | - |
| 67 | 1 | 75 | 14.6 | 3.5 | - | 67 | 1 | 76 | 17.5 | 16.1 | 49.0 |
| 68 | 1 | 75 | 18.4 | - | - | 68 | 1 | 76 | 11.0 | 5.9 | 12.8 |
| 69 | 1 | 76 | 10.7 | 40.3 | 47.4 | 69 | 1 | 77 | 38.4 | 54.6 | 60.0 |
| 70 | 1 | 76 | 60.0 | 60.0 | 60.0 | 70 | 1 | 77 | 60.0 | 53.6 | 48.2 |
| 71 | 1 | 76 | 32.0 | 60.0 | - | 71 | 1 | 77 | 4.0 | - | - |
| 72 | 1 | 76 | 7.4 | 11.6 | - | 72 | 1 | 77 | 22.2 | 60.0 | - |
| 73 | 1 | 76 | 60.0 | 60.0 | 60.0 | 73 | 1 | 78 | 9.1 | - | - |
| 74 | 1 | 76 | 7.1 | - | 14.9 | 74 | 1 | 78 | 3.4 | - | 12.2 |
| 75 | 1 | 78 | 60.0 | 60.0 | 60.0 | 75 | 1 | 78 | 57.0 | - | - |
| 76 | 1 | 78 | 22.6 | 14.5 | 36.0 | 76 | 1 | 79 | 7.8 | 7.0 | 22.8 |
| 77 | 1 | 78 | 53.1 | 60.0 | - | 77 | 1 | 79 | 54.7 | 4.0 | - |
| 78 | 1 | 79 | 4.6 | - | - | 78 | 1 | 79 | 20.7 | 8.4 | - |
| 79 | 1 | 79 | 40.1 | - | - | 79 | 1 | 79 | 11.2 | 16.2 | - |
| 80 | 1 | 79 | 5.2 | 3.4 | 21.3 | 80 | 1 | 80 | 45.3 | 7.2 | 19.8 |
| 81 | 1 | 80 | 1.7 | 6.6 | 28.2 | 81 | 1 | 80 | 60.0 | 10.7 | 60.0 |
| 82 | 1 | 80 | 21.9 | - | - | 82 | 1 | 81 | 6.6 | 7.1 | 5.9 |
| 83 | 1 | 81 | 48.5 | 60.0 | 60.0 | 83 | 1 | 83 | 42.9 | - | - |
| 84 | 1 | 82 | 4.3 | 3.0 | 5.4 | 84 | 1 | 84 | 7.1 | 8.4 | - |
| 85 | 1 | 84 | 12.5 | - | - | 85 | 1 | 88 | 5.0 | 20.4 | 11.0 |
| 86 | 1 | 86 | 60.0 | 48.5 | - | | | | | | |

※性別：男性=0、女性=1

集積資料 9 : 閉眼片足立ち

健康教室

| No. | 性別 | 年齢 | 閉眼片足立ち(秒) | | |
|-----|----|----|-----------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 30.0 | - | 34.1 |
| 2 | 0 | 67 | 6.2 | 4.5 | 5.4 |
| 3 | 0 | 67 | 1.6 | - | - |
| 4 | 0 | 68 | 2.3 | 7.6 | 3.9 |
| 5 | 0 | 68 | 5.9 | 18.8 | 4.6 |
| 6 | 0 | 70 | 5.9 | - | - |
| 7 | 0 | 70 | 1.5 | 4.7 | 2.9 |
| 8 | 0 | 71 | 4.5 | 17.3 | 10.1 |
| 9 | 0 | 71 | 6.1 | 4.2 | 3.4 |
| 10 | 0 | 73 | 14.3 | 1.6 | 11.4 |
| 11 | 0 | 74 | 4.0 | 10.7 | 4.6 |
| 12 | 0 | 74 | 2.2 | 1.0 | 2.9 |
| 13 | 0 | 76 | 2.9 | 3.3 | 5.6 |
| 14 | 0 | 76 | 1.5 | 1.0 | 3.3 |
| 15 | 0 | 76 | 4.7 | 10.7 | - |
| 16 | 0 | 76 | 3.0 | - | - |
| 17 | 0 | 77 | 2.4 | 1.0 | 2.5 |
| 18 | 0 | 77 | 4.4 | 6.3 | 3.1 |
| 19 | 0 | 77 | 6.4 | - | - |
| 20 | 0 | 79 | 2.2 | 2.7 | 2.0 |
| 21 | 0 | 79 | 3.6 | 2.4 | 3.0 |
| 22 | 0 | 79 | 1.7 | - | - |
| 23 | 0 | 79 | 3.9 | 4.7 | 1.7 |
| 24 | 0 | 79 | 8.4 | 4.9 | - |
| 25 | 0 | 80 | 5.7 | 9.7 | 3.9 |
| 26 | 0 | 80 | 3.6 | - | 5.7 |
| 27 | 0 | 80 | 3.0 | 9.9 | 8.8 |
| 28 | 0 | 80 | 5.6 | 6.1 | 11.3 |
| 29 | 0 | 80 | 4.4 | 2.6 | 2.3 |
| 30 | 0 | 82 | 2.2 | - | - |
| 31 | 0 | 83 | 3.0 | 2.2 | 6.1 |
| 32 | 0 | 86 | 4.9 | 2.2 | 4.0 |
| 33 | 0 | 86 | 3.3 | 5.3 | - |
| 34 | 0 | 91 | 1.6 | 1.0 | 1.8 |
| 35 | 0 | 92 | 8.4 | 2.3 | - |
| 36 | 1 | 65 | 4.1 | 3.9 | 6.1 |
| 37 | 1 | 65 | 1.8 | 2.3 | 11.5 |
| 38 | 1 | 65 | 2.3 | - | - |
| 39 | 1 | 65 | 2.4 | - | - |
| 40 | 1 | 66 | 19.0 | - | - |
| 41 | 1 | 66 | 3.4 | 4.1 | - |
| 42 | 1 | 66 | 4.9 | 3.7 | 4.9 |
| 43 | 1 | 67 | 25.5 | 14.9 | 24.0 |

CGT

| No. | 性別 | 年齢 | 閉眼片足立ち(秒) | | |
|-----|----|----|-----------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 2.3 | 30.0 | 8.5 |
| 2 | 0 | 66 | 2.5 | 30.0 | 15.1 |
| 3 | 0 | 68 | 2.3 | 1.7 | 2.5 |
| 4 | 0 | 69 | 2.7 | 3.0 | 2.5 |
| 5 | 0 | 71 | 4.1 | 6.9 | 4.5 |
| 6 | 0 | 71 | 19.1 | 5.7 | 6.3 |
| 7 | 0 | 71 | 3.1 | 3.2 | 4.4 |
| 8 | 0 | 72 | 3.2 | 2.5 | 4.3 |
| 9 | 0 | 72 | 2.7 | 5.0 | 2.6 |
| 10 | 0 | 72 | 2.5 | 4.1 | 4.8 |
| 11 | 0 | 73 | 4.5 | 12.0 | 2.1 |
| 12 | 0 | 73 | 3.4 | 9.4 | 14.7 |
| 13 | 0 | 73 | 5.0 | 8.0 | 3.0 |
| 14 | 0 | 74 | 5.9 | 6.3 | 4.6 |
| 15 | 0 | 74 | 3.8 | 4.7 | 2.6 |
| 16 | 0 | 74 | 3.7 | - | - |
| 17 | 0 | 75 | 2.7 | - | - |
| 18 | 0 | 75 | 4.0 | 6.9 | - |
| 19 | 0 | 75 | 30.0 | 20.6 | 20.2 |
| 20 | 0 | 76 | 2.4 | 2.7 | 2.4 |
| 21 | 0 | 77 | 9.2 | 5.9 | 5.0 |
| 22 | 0 | 77 | 6.4 | 5.9 | - |
| 23 | 0 | 77 | 4.5 | 2.6 | - |
| 24 | 0 | 77 | 5.2 | 2.4 | 4.4 |
| 25 | 0 | 77 | 3.3 | 1.5 | 1.0 |
| 26 | 0 | 78 | 8.1 | 2.8 | 8.0 |
| 27 | 0 | 79 | 1.3 | 1.5 | - |
| 28 | 0 | 80 | 2.7 | 4.3 | 2.5 |
| 29 | 0 | 80 | 2.2 | - | 4.6 |
| 30 | 0 | 81 | 5.1 | 4.8 | 1.9 |
| 31 | 0 | 82 | 17.6 | 4.1 | 7.6 |
| 32 | 0 | 83 | 4.2 | - | - |
| 33 | 1 | 65 | 4.6 | - | - |
| 34 | 1 | 65 | 3.0 | - | - |
| 35 | 1 | 65 | 2.1 | - | - |
| 36 | 1 | 66 | 5.3 | - | - |
| 37 | 1 | 66 | 10.3 | 6.9 | 5.0 |
| 38 | 1 | 66 | 30.0 | 30.0 | 13.6 |
| 39 | 1 | 67 | 11.8 | 23.3 | 9.7 |
| 40 | 1 | 67 | 10.9 | 13.5 | - |
| 41 | 1 | 67 | 3.1 | 9.8 | 5.1 |
| 42 | 1 | 67 | 3.9 | 9.5 | 3.2 |
| 43 | 1 | 68 | 4.8 | 4.9 | 6.0 |

| | | | | | | | | | | | |
|----|---|----|-----|------|------|----|---|----|------|------|------|
| 44 | 1 | 67 | 2.1 | 5.2 | 6.4 | 44 | 1 | 69 | 2.3 | 1.0 | - |
| 45 | 1 | 67 | 1.9 | - | - | 45 | 1 | 69 | 7.9 | 8.2 | - |
| 46 | 1 | 67 | 4.6 | 13.1 | 31.5 | 46 | 1 | 69 | 8.6 | 3.3 | 3.3 |
| 47 | 1 | 67 | 3.8 | 2.4 | 2.2 | 47 | 1 | 70 | 3.1 | 1.1 | 3.4 |
| 48 | 1 | 67 | 3.2 | 4.3 | 2.9 | 48 | 1 | 70 | 6.0 | 5.3 | 3.6 |
| 49 | 1 | 67 | 6.1 | 2.2 | 4.3 | 49 | 1 | 70 | 5.9 | 2.8 | 7.9 |
| 50 | 1 | 68 | 2.3 | - | - | 50 | 1 | 71 | 7.6 | 4.7 | 5.1 |
| 51 | 1 | 69 | 1.9 | 7.6 | 2.5 | 51 | 1 | 71 | 2.0 | 6.9 | - |
| 52 | 1 | 69 | 3.0 | 18.2 | 8.5 | 52 | 1 | 71 | 4.0 | 7.4 | 3.9 |
| 53 | 1 | 69 | 3.6 | 2.9 | 3.2 | 53 | 1 | 72 | 1.2 | 2.9 | 7.5 |
| 54 | 1 | 69 | 3.2 | 4.6 | - | 54 | 1 | 72 | 1.6 | 4.1 | - |
| 55 | 1 | 70 | 2.7 | 10.8 | 2.3 | 55 | 1 | 72 | 16.2 | 7.5 | 8.8 |
| 56 | 1 | 70 | 4.7 | 8.0 | - | 56 | 1 | 72 | 6.2 | 3.2 | 1.7 |
| 57 | 1 | 71 | 2.3 | 1.6 | 2.1 | 57 | 1 | 73 | 5.4 | 23.1 | 5.4 |
| 58 | 1 | 72 | 7.6 | - | 9.5 | 58 | 1 | 73 | 3.6 | 8.3 | - |
| 59 | 1 | 72 | 2.1 | 2.7 | - | 59 | 1 | 73 | 1.4 | - | 1.7 |
| 60 | 1 | 72 | 5.6 | - | - | 60 | 1 | 73 | 1.0 | 2.2 | - |
| 61 | 1 | 73 | 3.3 | 6.9 | 1.8 | 61 | 1 | 73 | 27.7 | 20.2 | 22.9 |
| 62 | 1 | 73 | 1.9 | 5.3 | - | 62 | 1 | 74 | 3.1 | 1.9 | 2.9 |
| 63 | 1 | 74 | 2.3 | 3.0 | 3.2 | 63 | 1 | 74 | 2.8 | 4.2 | 16.1 |
| 64 | 1 | 74 | 2.3 | 6.0 | 5.1 | 64 | 1 | 74 | 3.9 | 2.5 | 4.9 |
| 65 | 1 | 75 | 4.7 | 3.4 | 4.5 | 65 | 1 | 75 | 3.9 | 5.2 | 7.3 |
| 66 | 1 | 75 | 4.3 | 5.9 | 5.1 | 66 | 1 | 75 | 2.3 | 2.1 | - |
| 67 | 1 | 75 | 2.3 | 3.0 | - | 67 | 1 | 76 | 2.3 | 1.5 | 2.2 |
| 68 | 1 | 75 | 4.1 | - | - | 68 | 1 | 76 | 3.1 | 2.8 | 1.9 |
| 69 | 1 | 76 | 2.1 | 1.9 | 4.7 | 69 | 1 | 77 | 7.0 | 5.1 | 6.5 |
| 70 | 1 | 76 | 7.5 | 3.6 | 5.4 | 70 | 1 | 77 | 16.7 | 6.8 | 5.5 |
| 71 | 1 | 76 | 2.7 | 3.8 | - | 71 | 1 | 77 | 2.9 | - | - |
| 72 | 1 | 76 | 3.8 | 3.9 | - | 72 | 1 | 77 | 2.7 | 2.3 | - |
| 73 | 1 | 76 | 4.8 | 12.3 | 9.8 | 73 | 1 | 78 | 2.6 | - | - |
| 74 | 1 | 76 | 3.2 | - | 2.4 | 74 | 1 | 78 | 4.2 | - | 2.3 |
| 75 | 1 | 78 | 2.8 | 5.9 | 10.2 | 75 | 1 | 78 | 8.0 | - | - |
| 76 | 1 | 78 | 3.7 | 3.0 | 3.7 | 76 | 1 | 79 | 3.6 | 2.7 | 5.3 |
| 77 | 1 | 78 | 6.3 | 10.0 | - | 77 | 1 | 79 | 5.7 | 2.1 | - |
| 78 | 1 | 79 | 1.2 | - | - | 78 | 1 | 79 | 2.1 | 3.1 | - |
| 79 | 1 | 79 | 2.4 | - | - | 79 | 1 | 79 | 6.6 | 2.2 | - |
| 80 | 1 | 79 | 1.4 | 1.4 | 2.0 | 80 | 1 | 80 | 5.4 | 2.7 | 1.9 |
| 81 | 1 | 80 | 3.9 | 4.7 | 5.7 | 81 | 1 | 80 | 3.0 | 3.8 | 5.0 |
| 82 | 1 | 80 | 8.5 | - | - | 82 | 1 | 81 | 1.4 | 2.3 | 2.6 |
| 83 | 1 | 81 | 1.9 | 3.8 | 2.5 | 83 | 1 | 83 | 8.4 | - | - |
| 84 | 1 | 82 | 2.5 | 1.0 | 4.2 | 84 | 1 | 84 | 4.6 | 3.0 | - |
| 85 | 1 | 84 | 1.8 | - | - | 85 | 1 | 88 | 4.2 | 6.3 | 1.0 |
| 86 | 1 | 86 | 1.0 | 6.3 | - | | | | | | |

※性別：男性=0、女性=1

集積資料10 : TUG

健康教室

| No. | 性別 | 年齢 | TUG(秒) | | |
|-----|----|----|--------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 3.78 | - | 4.23 |
| 2 | 0 | 67 | 4.00 | 4.15 | 4.07 |
| 3 | 0 | 67 | 4.12 | - | - |
| 4 | 0 | 68 | 4.62 | 5.63 | 5.32 |
| 5 | 0 | 68 | 4.19 | 3.57 | 3.87 |
| 6 | 0 | 70 | 4.56 | - | - |
| 7 | 0 | 70 | 3.81 | 3.87 | 4.50 |
| 8 | 0 | 71 | 5.03 | 5.00 | 4.83 |
| 9 | 0 | 71 | 4.25 | 4.22 | 4.70 |
| 10 | 0 | 73 | 6.00 | 7.10 | 5.31 |
| 11 | 0 | 74 | 6.81 | 5.09 | 5.36 |
| 12 | 0 | 74 | 9.50 | 8.47 | 8.79 |
| 13 | 0 | 76 | 6.65 | 5.34 | 5.25 |
| 14 | 0 | 76 | 9.03 | 6.12 | 7.42 |
| 15 | 0 | 76 | 4.56 | 4.84 | - |
| 16 | 0 | 76 | 5.25 | - | - |
| 17 | 0 | 77 | 5.06 | 4.43 | 4.93 |
| 18 | 0 | 77 | 5.28 | 4.56 | 8.17 |
| 19 | 0 | 77 | 4.62 | - | - |
| 20 | 0 | 79 | 5.27 | 5.50 | 4.78 |
| 21 | 0 | 79 | 4.72 | 4.35 | 3.94 |
| 22 | 0 | 79 | 4.75 | - | - |
| 23 | 0 | 79 | 5.40 | 5.59 | 5.31 |
| 24 | 0 | 79 | 4.53 | 5.50 | - |
| 25 | 0 | 80 | 4.46 | 4.25 | 4.08 |
| 26 | 0 | 80 | 5.12 | - | 4.22 |
| 27 | 0 | 80 | 4.47 | 4.65 | 4.56 |
| 28 | 0 | 80 | 4.82 | 4.69 | 5.13 |
| 29 | 0 | 80 | 6.13 | 6.56 | 5.85 |
| 30 | 0 | 82 | 5.00 | - | - |
| 31 | 0 | 83 | 4.69 | 4.44 | 4.37 |
| 32 | 0 | 86 | 5.42 | 4.97 | 5.06 |
| 33 | 0 | 86 | 6.00 | 6.40 | - |
| 34 | 0 | 91 | 9.19 | 6.70 | 7.77 |
| 35 | 0 | 92 | 7.81 | 9.00 | - |
| 36 | 1 | 65 | 4.68 | 4.78 | 4.12 |
| 37 | 1 | 65 | 3.69 | 4.90 | 4.05 |
| 38 | 1 | 65 | 4.22 | - | - |
| 39 | 1 | 65 | 4.84 | - | - |
| 40 | 1 | 66 | 5.34 | - | - |
| 41 | 1 | 66 | 5.50 | 5.87 | - |
| 42 | 1 | 66 | 4.43 | 4.28 | 4.87 |
| 43 | 1 | 67 | 4.38 | 4.32 | 4.15 |

CGT

| No. | 性別 | 年齢 | TUG(秒) | | |
|-----|----|----|--------|------|------|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 3.69 | 3.94 | 3.55 |
| 2 | 0 | 66 | 5.34 | 3.85 | 4.28 |
| 3 | 0 | 68 | 8.10 | 7.88 | 7.59 |
| 4 | 0 | 69 | 5.53 | 3.44 | 4.59 |
| 5 | 0 | 71 | 6.68 | 6.54 | 6.47 |
| 6 | 0 | 71 | 5.09 | 4.50 | 5.06 |
| 7 | 0 | 71 | 5.44 | 5.28 | 4.71 |
| 8 | 0 | 72 | 4.88 | 5.03 | 4.88 |
| 9 | 0 | 72 | 3.97 | 3.56 | 4.18 |
| 10 | 0 | 72 | 4.87 | 4.90 | 5.08 |
| 11 | 0 | 73 | 4.88 | 4.44 | 4.07 |
| 12 | 0 | 73 | 5.43 | 4.81 | 5.32 |
| 13 | 0 | 73 | 4.44 | 4.66 | 4.24 |
| 14 | 0 | 74 | 5.22 | 5.22 | 4.56 |
| 15 | 0 | 74 | 5.07 | 4.90 | 4.93 |
| 16 | 0 | 74 | 4.25 | - | - |
| 17 | 0 | 75 | 6.00 | - | - |
| 18 | 0 | 75 | 5.78 | 5.23 | - |
| 19 | 0 | 75 | 5.09 | 4.50 | 4.16 |
| 20 | 0 | 76 | 4.43 | 4.60 | 4.90 |
| 21 | 0 | 77 | 3.94 | 4.03 | 3.94 |
| 22 | 0 | 77 | 4.44 | 3.56 | - |
| 23 | 0 | 77 | 5.96 | 6.62 | - |
| 24 | 0 | 77 | 5.53 | 5.06 | 5.63 |
| 25 | 0 | 77 | 5.53 | 4.75 | 4.75 |
| 26 | 0 | 78 | 4.59 | 4.56 | 4.94 |
| 27 | 0 | 79 | 6.18 | 8.40 | - |
| 28 | 0 | 80 | 4.31 | 4.47 | 4.47 |
| 29 | 0 | 80 | 4.19 | - | 4.90 |
| 30 | 0 | 81 | 4.28 | 4.31 | - |
| 31 | 0 | 82 | 5.13 | 4.38 | 5.20 |
| 32 | 0 | 83 | 10.00 | - | - |
| 33 | 1 | 65 | 5.37 | - | - |
| 34 | 1 | 65 | 5.46 | - | - |
| 35 | 1 | 65 | 4.78 | - | - |
| 36 | 1 | 66 | 4.47 | - | - |
| 37 | 1 | 66 | 4.66 | 5.00 | 5.31 |
| 38 | 1 | 66 | 5.03 | 4.66 | 4.67 |
| 39 | 1 | 67 | 6.31 | 5.91 | 5.44 |
| 40 | 1 | 67 | 4.78 | 4.78 | 0.00 |
| 41 | 1 | 67 | 4.59 | 5.03 | 4.82 |
| 42 | 1 | 67 | 4.81 | 4.34 | 4.55 |
| 43 | 1 | 68 | 5.28 | 5.63 | 5.35 |

| | | | | | | | | | | | |
|----|---|----|-------|-------|------|----|---|----|-------|-------|------|
| 44 | 1 | 67 | 6.79 | 5.06 | 4.72 | 44 | 1 | 69 | 19.04 | 13.43 | - |
| 45 | 1 | 67 | 5.07 | - | - | 45 | 1 | 69 | 3.63 | 4.28 | - |
| 46 | 1 | 67 | 5.03 | 5.12 | 5.15 | 46 | 1 | 69 | 4.91 | 4.41 | 4.53 |
| 47 | 1 | 67 | 4.90 | 4.91 | 4.56 | 47 | 1 | 70 | 5.25 | 4.47 | 4.90 |
| 48 | 1 | 67 | 4.50 | 3.94 | 4.70 | 48 | 1 | 70 | 4.21 | 4.62 | 4.50 |
| 49 | 1 | 67 | 5.37 | 5.35 | 5.39 | 49 | 1 | 70 | 4.99 | 5.38 | 5.20 |
| 50 | 1 | 68 | 5.31 | - | - | 50 | 1 | 71 | 4.78 | 4.31 | 4.47 |
| 51 | 1 | 69 | 5.38 | 5.94 | 5.28 | 51 | 1 | 71 | 4.41 | 3.93 | - |
| 52 | 1 | 69 | 4.04 | 4.28 | 4.94 | 52 | 1 | 71 | 4.56 | 4.72 | 4.13 |
| 53 | 1 | 69 | 5.28 | 4.75 | 4.94 | 53 | 1 | 72 | 5.98 | 4.50 | 4.48 |
| 54 | 1 | 69 | 5.59 | 5.94 | - | 54 | 1 | 72 | 8.21 | 6.63 | - |
| 55 | 1 | 70 | 6.36 | 6.31 | 5.34 | 55 | 1 | 72 | 5.75 | 5.82 | 5.72 |
| 56 | 1 | 70 | 4.53 | 4.53 | - | 56 | 1 | 72 | 4.22 | 5.03 | 4.32 |
| 57 | 1 | 71 | 5.06 | 5.16 | 4.95 | 57 | 1 | 73 | 5.08 | 4.68 | 4.91 |
| 58 | 1 | 72 | 6.47 | - | 5.62 | 58 | 1 | 73 | 4.94 | 4.97 | - |
| 59 | 1 | 72 | 6.66 | 7.25 | - | 59 | 1 | 73 | 6.53 | - | 5.51 |
| 60 | 1 | 72 | 4.75 | - | - | 60 | 1 | 73 | 5.57 | 6.25 | - |
| 61 | 1 | 73 | 5.84 | 5.22 | 5.44 | 61 | 1 | 73 | 5.12 | 4.94 | 5.53 |
| 62 | 1 | 73 | 4.94 | 4.71 | - | 62 | 1 | 74 | 5.12 | 5.38 | 4.87 |
| 63 | 1 | 74 | 5.11 | 5.50 | 5.68 | 63 | 1 | 74 | 6.57 | 6.69 | 4.37 |
| 64 | 1 | 74 | 5.03 | 4.88 | 4.52 | 64 | 1 | 74 | 6.13 | 6.03 | 5.66 |
| 65 | 1 | 75 | 5.59 | 5.12 | 5.71 | 65 | 1 | 75 | 5.94 | 4.81 | 4.97 |
| 66 | 1 | 75 | 6.21 | 5.06 | 5.68 | 66 | 1 | 75 | 5.60 | 4.38 | - |
| 67 | 1 | 75 | 8.21 | 10.00 | - | 67 | 1 | 76 | 4.71 | 5.94 | - |
| 68 | 1 | 75 | 6.31 | - | - | 68 | 1 | 76 | 5.78 | 6.78 | 5.45 |
| 69 | 1 | 76 | 5.38 | 5.88 | 4.87 | 69 | 1 | 77 | 6.91 | 6.22 | 6.28 |
| 70 | 1 | 76 | 4.75 | 4.84 | 4.72 | 70 | 1 | 77 | 4.18 | 4.40 | 3.85 |
| 71 | 1 | 76 | 4.91 | 6.96 | - | 71 | 1 | 77 | 9.28 | - | - |
| 72 | 1 | 76 | 5.68 | 6.07 | - | 72 | 1 | 77 | 5.75 | 5.31 | - |
| 73 | 1 | 76 | 6.10 | 5.66 | 5.35 | 73 | 1 | 78 | 9.54 | - | - |
| 74 | 1 | 76 | 8.09 | - | 8.66 | 74 | 1 | 78 | 4.53 | - | 4.56 |
| 75 | 1 | 78 | 6.38 | 6.35 | 6.12 | 75 | 1 | 78 | 5.81 | - | - |
| 76 | 1 | 78 | 6.04 | 6.16 | 5.19 | 76 | 1 | 79 | 6.12 | 5.25 | 4.78 |
| 77 | 1 | 78 | 5.00 | 4.56 | - | 77 | 1 | 79 | 4.75 | 5.53 | - |
| 78 | 1 | 79 | 7.29 | - | - | 78 | 1 | 79 | 9.85 | 7.90 | - |
| 79 | 1 | 79 | 6.71 | - | - | 79 | 1 | 79 | 4.85 | 4.38 | - |
| 80 | 1 | 79 | 6.40 | 7.25 | 7.67 | 80 | 1 | 80 | 6.09 | 5.85 | 6.00 |
| 81 | 1 | 80 | 7.67 | 7.53 | 7.44 | 81 | 1 | 80 | 4.99 | 5.09 | 5.34 |
| 82 | 1 | 80 | 5.60 | - | - | 82 | 1 | 81 | 5.25 | 5.78 | 6.07 |
| 83 | 1 | 81 | 6.45 | 5.00 | 4.47 | 83 | 1 | 83 | 5.09 | - | - |
| 84 | 1 | 82 | 7.92 | 6.69 | 7.11 | 84 | 1 | 84 | - | 7.97 | - |
| 85 | 1 | 84 | 12.27 | - | - | 85 | 1 | 88 | 9.33 | 8.16 | 9.44 |
| 86 | 1 | 86 | 8.34 | 9.25 | - | | | | | | |

※性別：男性＝0、女性＝1

集積資料 1 1 : 下肢筋力

健康教室

| No. | 性別 | 年齢 | 下肢筋力(N) | | |
|-----|----|----|---------|-----|-----|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 322 | - | 320 |
| 2 | 0 | 67 | 561 | 487 | 428 |
| 3 | 0 | 67 | 214 | - | - |
| 4 | 0 | 68 | 500 | 423 | 523 |
| 5 | 0 | 68 | 352 | 269 | 314 |
| 6 | 0 | 70 | 420 | - | - |
| 7 | 0 | 70 | 395 | 464 | 227 |
| 8 | 0 | 71 | 414 | 395 | 314 |
| 9 | 0 | 71 | 417 | 271 | 357 |
| 10 | 0 | 73 | 362 | 296 | 325 |
| 11 | 0 | 74 | 446 | 335 | 475 |
| 12 | 0 | 74 | 402 | 355 | 382 |
| 13 | 0 | 76 | 494 | 438 | 382 |
| 14 | 0 | 76 | 273 | 312 | 299 |
| 15 | 0 | 76 | 365 | 400 | - |
| 16 | 0 | 76 | 293 | - | - |
| 17 | 0 | 77 | 434 | 348 | 400 |
| 18 | 0 | 77 | 353 | 251 | 261 |
| 19 | 0 | 77 | 549 | - | - |
| 20 | 0 | 79 | 295 | 332 | 342 |
| 21 | 0 | 79 | 383 | 335 | 349 |
| 22 | 0 | 79 | 371 | - | - |
| 23 | 0 | 79 | 473 | 327 | 500 |
| 24 | 0 | 79 | 374 | 370 | - |
| 25 | 0 | 80 | 407 | 379 | 291 |
| 26 | 0 | 80 | 355 | - | 387 |
| 27 | 0 | 80 | 535 | 403 | 364 |
| 28 | 0 | 80 | 573 | 529 | 515 |
| 29 | 0 | 80 | 275 | 180 | 287 |
| 30 | 0 | 82 | 454 | - | - |
| 31 | 0 | 83 | 304 | 357 | 317 |
| 32 | 0 | 86 | 291 | 340 | 244 |
| 33 | 0 | 86 | 330 | 253 | - |
| 34 | 0 | 91 | 398 | 307 | 297 |
| 35 | 0 | 92 | 344 | 293 | - |
| 36 | 1 | 65 | 401 | 303 | 261 |
| 37 | 1 | 65 | 225 | 269 | 188 |
| 38 | 1 | 65 | 366 | - | - |
| 39 | 1 | 65 | 303 | - | - |
| 40 | 1 | 66 | 477 | - | - |
| 41 | 1 | 66 | 362 | 297 | - |
| 42 | 1 | 66 | 537 | 366 | 367 |
| 43 | 1 | 67 | 189 | 273 | 199 |

CGT

| No. | 性別 | 年齢 | 下肢筋力(N) | | |
|-----|----|----|---------|-----|-----|
| | | | 初回 | 介入後 | 1年後 |
| 1 | 0 | 65 | 366 | 431 | 464 |
| 2 | 0 | 66 | 270 | 362 | 414 |
| 3 | 0 | 68 | 218 | 208 | 159 |
| 4 | 0 | 69 | 214 | 350 | 415 |
| 5 | 0 | 71 | 273 | 290 | 306 |
| 6 | 0 | 71 | 539 | 336 | 395 |
| 7 | 0 | 71 | 375 | 332 | 311 |
| 8 | 0 | 72 | 472 | 635 | 514 |
| 9 | 0 | 72 | 613 | 481 | 439 |
| 10 | 0 | 72 | 701 | 433 | 438 |
| 11 | 0 | 73 | 476 | 470 | 475 |
| 12 | 0 | 73 | 328 | 375 | 475 |
| 13 | 0 | 73 | 354 | 293 | 322 |
| 14 | 0 | 74 | 415 | 306 | 326 |
| 15 | 0 | 74 | 331 | 385 | 423 |
| 16 | 0 | 74 | 304 | - | - |
| 17 | 0 | 75 | 313 | - | - |
| 18 | 0 | 75 | 255 | 288 | - |
| 19 | 0 | 75 | 446 | 317 | 285 |
| 20 | 0 | 76 | 550 | 605 | 548 |
| 21 | 0 | 77 | 451 | 435 | 352 |
| 22 | 0 | 77 | 585 | 448 | - |
| 23 | 0 | 77 | 318 | 339 | - |
| 24 | 0 | 77 | 457 | 515 | 338 |
| 25 | 0 | 77 | 456 | 396 | 375 |
| 26 | 0 | 78 | 501 | 444 | 343 |
| 27 | 0 | 79 | 448 | 392 | - |
| 28 | 0 | 80 | 293 | 372 | 327 |
| 29 | 0 | 80 | 299 | - | 261 |
| 30 | 0 | 81 | 175 | 313 | - |
| 31 | 0 | 82 | 503 | 331 | 378 |
| 32 | 0 | 83 | 269 | - | - |
| 33 | 1 | 65 | 305 | - | - |
| 34 | 1 | 65 | 240 | - | - |
| 35 | 1 | 65 | 237 | - | - |
| 36 | 1 | 66 | 195 | - | - |
| 37 | 1 | 66 | 305 | 338 | 266 |
| 38 | 1 | 66 | 360 | 306 | 296 |
| 39 | 1 | 67 | 219 | 211 | 270 |
| 40 | 1 | 67 | 281 | 339 | 0 |
| 41 | 1 | 67 | 253 | 339 | 333 |
| 42 | 1 | 67 | 314 | 303 | 277 |
| 43 | 1 | 68 | 268 | 315 | 281 |

| | | | | | | | | | | | |
|----|---|----|-----|-----|-----|----|---|----|-----|-----|-----|
| 44 | 1 | 67 | 283 | 363 | 228 | 44 | 1 | 69 | 192 | 228 | - |
| 45 | 1 | 67 | 229 | - | - | 45 | 1 | 69 | 450 | 386 | - |
| 46 | 1 | 67 | 295 | 229 | 329 | 46 | 1 | 69 | 351 | 366 | 376 |
| 47 | 1 | 67 | 267 | 327 | 332 | 47 | 1 | 70 | 199 | 181 | 240 |
| 48 | 1 | 67 | 346 | 439 | 295 | 48 | 1 | 70 | 249 | 294 | 246 |
| 49 | 1 | 67 | 343 | 293 | 329 | 49 | 1 | 70 | 441 | 399 | 344 |
| 50 | 1 | 68 | 281 | - | - | 50 | 1 | 71 | 308 | 351 | 279 |
| 51 | 1 | 69 | 285 | 239 | 319 | 51 | 1 | 71 | 212 | 321 | - |
| 52 | 1 | 69 | 386 | 290 | 319 | 52 | 1 | 71 | 273 | 291 | 272 |
| 53 | 1 | 69 | 358 | 328 | 250 | 53 | 1 | 72 | 309 | 290 | 302 |
| 54 | 1 | 69 | 293 | 205 | - | 54 | 1 | 72 | 180 | 216 | - |
| 55 | 1 | 70 | 154 | 210 | 285 | 55 | 1 | 72 | 167 | 227 | 255 |
| 56 | 1 | 70 | 273 | 259 | - | 56 | 1 | 72 | 243 | 230 | 294 |
| 57 | 1 | 71 | 450 | 307 | 445 | 57 | 1 | 73 | 257 | 414 | 288 |
| 58 | 1 | 72 | 217 | - | 136 | 58 | 1 | 73 | 171 | 332 | - |
| 59 | 1 | 72 | 222 | 181 | - | 59 | 1 | 73 | 189 | - | 188 |
| 60 | 1 | 72 | 314 | - | - | 60 | 1 | 73 | 196 | 234 | - |
| 61 | 1 | 73 | 296 | 320 | 329 | 61 | 1 | 73 | 212 | - | - |
| 62 | 1 | 73 | 271 | 261 | - | 62 | 1 | 74 | 285 | 302 | 277 |
| 63 | 1 | 74 | 227 | 252 | 267 | 63 | 1 | 74 | 314 | 187 | 321 |
| 64 | 1 | 74 | 279 | 308 | 387 | 64 | 1 | 74 | 181 | 199 | 202 |
| 65 | 1 | 75 | 190 | 197 | 209 | 65 | 1 | 75 | 394 | 393 | 329 |
| 66 | 1 | 75 | 309 | 208 | 340 | 66 | 1 | 75 | 238 | 259 | - |
| 67 | 1 | 75 | 126 | 169 | - | 67 | 1 | 76 | 282 | 250 | - |
| 68 | 1 | 75 | 122 | - | - | 68 | 1 | 76 | 287 | 193 | 267 |
| 69 | 1 | 76 | 216 | 230 | 310 | 69 | 1 | 77 | 225 | 229 | 208 |
| 70 | 1 | 76 | 194 | 229 | 236 | 70 | 1 | 77 | 183 | 240 | 257 |
| 71 | 1 | 76 | 265 | 245 | - | 71 | 1 | 77 | 149 | - | - |
| 72 | 1 | 76 | 252 | 350 | - | 72 | 1 | 77 | 392 | 417 | - |
| 73 | 1 | 76 | 222 | 217 | 230 | 73 | 1 | 78 | 204 | - | - |
| 74 | 1 | 76 | - | - | 193 | 74 | 1 | 78 | 190 | - | 232 |
| 75 | 1 | 78 | 317 | 296 | 252 | 75 | 1 | 78 | 319 | - | - |
| 76 | 1 | 78 | 259 | 309 | 339 | 76 | 1 | 79 | 150 | 145 | 303 |
| 77 | 1 | 78 | 292 | 289 | - | 77 | 1 | 79 | 246 | 352 | - |
| 78 | 1 | 79 | 181 | - | - | 78 | 1 | 79 | 398 | 334 | - |
| 79 | 1 | 79 | 267 | - | - | 79 | 1 | 79 | 414 | 275 | - |
| 80 | 1 | 79 | 337 | 193 | 231 | 80 | 1 | 80 | 203 | 144 | 206 |
| 81 | 1 | 80 | 197 | 215 | 191 | 81 | 1 | 80 | 262 | 250 | 290 |
| 82 | 1 | 80 | 121 | - | - | 82 | 1 | 81 | 150 | 129 | 128 |
| 83 | 1 | 81 | 273 | 310 | 262 | 83 | 1 | 83 | 390 | - | - |
| 84 | 1 | 82 | 138 | 175 | 185 | 84 | 1 | 84 | - | 153 | - |
| 85 | 1 | 84 | 178 | - | - | 85 | 1 | 88 | 152 | 174 | 182 |
| 86 | 1 | 86 | 174 | 214 | - | | | | | | |

※性別：男性＝0、女性＝1