

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	3.7	8.3	132	3.1	8.9	102	2.4	9.4	148	0.8	9.2	121	3.8	7.9	25	2.6	9.0	528
Female	9.4	7.4	134	10.6	6.5	127	10.2	7.6	131	9.1	6.6	108	11.2	5.9	16	9.9	7.0	516
Total	6.6	8.3	266	7.3	8.5	229	6.1	9.5	279	4.7	9.1	229	6.6	8.0	41	6.2	8.9	1044

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	44.5	6.4	132	42.3	6.2	103	37.1	5.8	149	32.7	5.8	120	29.1	5.5	25	38.6	7.8	529
Female	26.9	5.0	135	24.4	4.9	129	23.3	3.9	133	20.6	4.1	111	19.3	3.8	17	23.8	5.1	525
Total	35.6	10.5	267	32.3	10.5	232	30.6	8.5	282	26.9	7.9	231	25.1	6.8	42	31.2	9.9	1054

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	43.1	6.3	131	40.8	6.1	103	35.9	6.4	151	31.7	5.6	121	27.6	6.0	25	37.3	7.8	531
Female	25.6	4.5	136	23.1	4.7	128	22.2	3.6	132	19.5	4.1	111	17.5	3.4	17	22.6	4.8	524
Total	34.2	10.3	267	31.0	10.3	231	29.5	8.6	283	25.9	7.8	232	23.5	7.1	42	30.0	9.8	1055

Foot balance with eye closed (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	40.1	44.7	132	24.9	33.2	103	9.9	12.3	150	4.7	5.9	119	3.1	1.5	24	18.9	31.0	528
Female	30.6	39.8	135	18.6	22.1	128	7.7	8.5	134	4.2	3.4	108	3.4	1.5	14	15.5	25.6	519
Total	35.3	42.5	267	21.4	27.7	231	8.9	10.7	284	4.5	4.9	227	3.2	1.5	38	17.2	28.5	1047

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	.	.	0	.	.	0	124.2	61.5	82	54.6	58.4	119	21.9	31.3	24	76.5	68.4	225
Female	.	.	0	.	.	0	89.5	65.9	67	46.8	50.2	108	14.7	12.0	15	59.3	59.4	190
Total	.	.	0	.	.	0	108.6	65.6	149	50.9	54.7	227	19.1	25.7	39	68.6	64.9	415

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	0.398	0.05	132	0.422	0.07	103	0.446	0.08	149	0.508	0.12	115	0.666	0.25	24	0.453	0.11	523
Female	0.450	0.07	136	0.453	0.06	127	0.467	0.08	133	0.548	0.13	105	0.627	0.29	12	0.479	0.10	513
Total	0.424	0.07	268	0.439	0.07	230	0.456	0.08	282	0.527	0.12	220	0.653	0.26	36	0.466	0.11	1036

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	599.8	160.3	125	553.4	130.0	97	452.8	103.0	139	359.0	111.4	103	225.9	96.3	21	481.1	163.9	485
Female	313.7	112.9	126	295.1	84.3	116	276.3	84.3	117	209.1	71.2	83	187.0	69.9	9	277.4	98.4	451
Total	456.2	199.1	251	412.7	167.7	213	372.1	129.4	256	292.1	121.2	186	214.2	89.9	30	383.0	170.1	936

Sit up (reps)

	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	3.8	132	14	4.4	103	11	4.7	151	7	5.1	126	4	3.6	26	12	6.1	538
Female	11	5.0	137	7	5.5	131	5	5.1	135	3	3.9	112	3	3.3	20	6	5.8	535
Total	14	5.3	269	10	6.1	234	8	5.7	286	5	5.0	238	3	3.5	46	9	6.5	1073

Right leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.7	9.7	125	41.9	7.2	96	37.3	8.7	138	29.9	7.2	103	23.6	3.8	21	38.0	10.3	483
Female	27.6	6.2	127	25.5	6.2	118	24.2	6.4	117	20.8	6.0	82	17.9	4.0	9	24.7	6.6	453
Total	36.1	11.8	252	32.9	10.5	214	31.3	10.1	255	25.8	8.1	185	21.9	4.6	30	31.6	10.9	936

Left leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	43.9	10.2	124	40.3	7.7	97	36.5	8.0	139	29.3	7.6	102	23.0	3.5	21	37.1	10.2	483
Female	27.3	6.6	126	24.8	6.5	119	24.4	6.3	117	20.2	5.7	81	18.3	4.1	9	24.4	6.8	452
Total	35.5	12.0	250	31.8	10.5	216	31.0	9.5	256	25.3	8.2	183	21.6	4.2	30	31.0	10.8	935

Maximum step length (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	127.5	11.6	132	122.4	12.6	103	112.6	11.5	150	101.0	12.6	119	92.6	12.3	25	114.7	16.2	529
Female	108.6	12.0	136	105.4	11.5	130	98.7	10.6	133	87.2	9.8	106	75.6	14.4	17	99.9	14.3	522
Total	117.9	15.1	268	112.9	14.6	233	106.1	13.1	283	94.5	13.3	225	85.7	15.5	42	107.3	17.0	1051

2) Gait performance (Yagami corp.)

Step length of gait with comfortable speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	74.2	7.2	132	73.1	7.0	103	71.9	8.7	150	66.7	9.6	120	64.4	9.1	25	71.2	8.8	530
Female	68.0	6.8	136	67.2	7.4	130	67.5	6.7	134	62.0	9.0	106	57.9	9.8	17	66.1	8.0	523
Total	71.1	7.6	268	69.8	7.8	233	69.8	8.1	284	64.5	9.6	226	61.8	9.8	42	68.7	8.8	1053

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	112.8	11.6	132	116.8	8.7	103	117.2	10.1	150	113.6	10.7	120	112.0	10.4	25	115.0	10.5	530
Female	121.8	9.7	136	122.4	11.5	130	123.4	9.3	134	117.4	13.4	106	112.2	14.0	17	121.2	11.3	523
Total	117.4	11.6	268	119.9	10.7	233	120.1	10.2	284	115.4	12.2	226	112.1	11.8	42	118.0	11.4	1053

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	83.4	10.1	132	85.3	9.1	103	84.0	10.8	150	75.8	12.7	120	72.1	11.8	25	81.7	11.5	530
Female	82.7	9.2	136	82.1	10.6	130	83.2	9.0	134	72.4	11.4	106	64.7	11.8	17	80.0	11.2	523
Total	83.1	9.6	268	83.5	10.1	233	83.6	9.9	284	74.2	12.2	226	69.1	12.2	42	80.9	11.4	1053

Step length of gait with maximum speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	87.6	8.9	131	85.7	8.9	103	83.8	9.1	148	77.0	11.7	117	72.8	8.4	24	83.1	10.6	523
Female	76.1	7.0	136	75.7	8.3	129	74.2	8.2	132	67.2	8.9	106	61.8	8.3	14	73.3	8.9	517
Total	81.7	9.8	267	80.2	9.9	232	79.3	9.9	280	72.3	11.6	223	68.8	9.8	38	78.2	10.9	1040

Pitch of gait with maximum speed (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	131.9	16.1	131	134.7	12.4	103	133.0	12.3	148	130.2	13.9	117	126.2	14.3	24	132.1	13.9	523
Female	145.3	15.0	136	140.4	13.9	129	140.8	12.0	132	135.5	16.9	106	135.9	16.2	14	140.7	14.8	517
Total	138.7	16.9	267	137.8	13.5	232	136.7	12.7	280	132.7	15.6	223	129.8	15.6	38	136.4	15.0	1040

Velocity of gait with maximum speed (m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.0	14.1	131	115.3	13.3	103	111.2	11.8	148	100.1	17.2	117	91.6	12.0	24	109.5	15.6	523
Female	110.0	10.4	136	105.8	12.1	129	104.1	10.7	132	90.5	13.6	106	83.4	11.6	14	102.7	13.9	517
Total	112.4	12.6	267	110.0	13.5	232	107.8	11.8	280	95.5	16.3	223	88.6	12.4	38	106.2	15.2	1040

3) Three-dimensional motion of gait during 1 cycle

mean velocity at stance phase during comfortable walking (m/sec)

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

mean velocity at swing phase during comfortable walking (m/sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.50	0.16	269	1.49	0.16	286	1.48	0.18	287	1.37	0.19	236	1.28	0.19	40	1.45	0.19	1118
Female	1.51	0.16	273	1.48	0.18	267	1.47	0.17	264	1.31	0.18	248	1.19	0.14	42	1.43	0.19	1094
Total	1.50	0.16	542	1.49	0.17	553	1.47	0.18	551	1.34	0.18	484	1.23	0.17	82	1.44	0.19	2212

mean velocity at 1 cycle during comfortable walking (m/sec)

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

step length during comfortable walking (m)

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

step frequency during comfortable walking (Hz)

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

stance time during comfortable walking (sec)

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

swing time during comfortable walking (sec)

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

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.16	0.02	273	0.15	0.02	283	0.15	0.02	291	0.16	0.02	232	0.16	0.02	39	0.16	0.02	1118
Female	0.15	0.02	283	0.15	0.02	268	0.14	0.02	266	0.16	0.02	250	0.16	0.02	45	0.15	0.02	1112
Total	0.15	0.02	556	0.15	0.02	551	0.15	0.02	557	0.16	0.02	482	0.16	0.02	84	0.15	0.02	2230

cycle duration during comfortable walking (sec)

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

stance time during comfortable walking (% of 1 cycle)

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

swing time during comfortable walking (% of 1 cycle)

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

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

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

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

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

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.9	5.0	278	39.1	5.0	277	39.2	5.6	288	37.1	5.6	235	35.5	6.3	39	38.5	5.4	1117
Female	38.1	4.8	279	38.0	5.1	270	38.6	5.4	262	36.5	5.6	246	34.3	5.1	46	37.7	5.3	1103
Total	38.5	4.9	557	38.5	5.1	547	38.9	5.5	550	36.8	5.6	481	34.9	5.7	85	38.1	5.4	2220

range of motion at hip joint in 1 cycle during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	49.4	4.2	233	49.3	4.5	212	49.0	4.9	244	47.5	4.7	197	45.2	5.4	34	48.7	4.7	920
Female	47.5	3.8	238	47.7	4.2	225	48.2	4.5	225	47.2	4.7	212	44.0	4.8	38	47.5	4.4	938
Total	48.5	4.1	471	48.5	4.4	437	48.6	4.7	469	47.3	4.7	409	44.6	5.1	72	48.1	4.6	1858

range of motion at knee joint in stance phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.6	5.5	232	37.5	5.4	209	36.8	5.4	241	38.0	5.2	196	38.2	5.4	34	37.5	5.4	912
Female	38.1	5.6	227	37.8	5.6	220	36.5	5.3	215	37.5	5.9	210	37.9	4.7	35	37.5	5.6	907
Total	37.8	5.6	459	37.7	5.5	429	36.6	5.4	456	37.7	5.6	406	38.1	5.0	69	37.5	5.5	1819

range of motion at knee joint in swing phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.1	4.5	270	64.0	4.3	279	63.4	4.3	290	63.1	4.3	238	62.4	5.7	39	63.6	4.4	1116
Female	63.9	4.1	273	64.1	4.3	265	62.6	4.4	259	62.6	5.1	243	62.1	4.2	45	63.3	4.5	1085
Total	64.0	4.3	543	64.1	4.3	544	63.0	4.4	549	62.9	4.7	481	62.2	4.9	84	63.5	4.5	2201

range of motion at knee joint in 1 cycle during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	65.4	4.1	229	65.2	3.9	207	64.5	4.0	244	64.1	3.9	196	63.2	5.3	32	64.7	4.1	908
Female	65.1	3.9	227	65.4	3.8	214	63.8	4.0	221	64.3	4.5	208	62.6	4.5	38	64.6	4.1	908
Total	65.2	4.0	456	65.3	3.8	421	64.2	4.0	465	64.2	4.2	404	62.9	4.8	70	64.6	4.1	1816

range of motion at ankle joint in stance phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.1	4.6	225	30.1	4.3	212	30.2	4.8	242	28.4	4.0	198	27.7	5.6	34	29.9	4.6	911
Female	32.7	4.7	219	32.1	4.5	211	31.7	5.3	220	29.9	4.8	211	28.6	4.2	39	31.5	4.9	900
Total	31.9	4.7	444	31.1	4.5	423	30.9	5.1	462	29.2	4.5	409	28.2	4.9	73	30.7	4.8	1811

range of motion at ankle joint in swing phase during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.4	5.2	269	22.0	5.1	276	21.7	5.5	288	19.3	5.5	234	17.8	4.1	36	21.3	5.4	1103
Female	25.1	4.6	270	24.6	5.0	258	23.8	5.7	255	20.9	5.5	250	18.9	4.7	47	23.4	5.5	1080
Total	23.7	5.1	539	23.2	5.2	534	22.7	5.7	543	20.1	5.5	484	18.4	4.5	83	22.4	5.6	2183

range of motion at ankle joint in 1 cycle during comfortable walking (deg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	34.0	4.7	222	33.0	4.2	205	33.1	4.8	241	31.0	4.2	192	30.5	5.6	30	32.7	4.7	890
Female	35.7	4.5	213	34.9	4.6	208	34.6	5.3	219	32.8	4.9	207	30.9	4.4	38	34.4	5.0	885
Total	34.8	4.7	435	33.9	4.5	413	33.8	5.1	460	31.9	4.7	399	30.8	4.9	68	33.5	4.9	1775

peak extensor torque at ankle during comfortable walking (Nm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	96.2	17.3	245	91.9	16.8	248	88.7	16.1	254	80.6	15.2	222	72.9	14.9	37	88.9	17.5	1006
Female	73.8	14.1	241	70.8	12.7	241	67.0	13.1	225	60.8	11.2	214	55.3	14.0	39	67.8	14.0	960
Total	85.1	19.4	486	81.5	18.2	489	78.5	18.3	479	70.9	16.7	436	63.9	16.9	76	78.6	19.1	1966

mean velocity at stance phase during maximal walking (m/sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.10	0.20	269	2.05	0.20	273	1.98	0.23	279	1.81	0.23	230	1.72	0.26	36	1.98	0.25	1087
Female	2.02	0.20	278	1.93	0.20	269	1.87	0.20	261	1.66	0.20	251	1.54	0.17	38	1.86	0.24	1097
Total	2.06	0.20	547	1.99	0.21	542	1.93	0.22	540	1.73	0.23	481	1.62	0.23	74	1.92	0.25	2184

mean velocity at swing phase during maximal walking (m/sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.07	0.22	265	2.02	0.23	276	1.94	0.24	276	1.76	0.23	231	1.68	0.28	35	1.95	0.26	1083
Female	1.99	0.21	279	1.89	0.21	268	1.83	0.20	257	1.60	0.21	252	1.48	0.17	38	1.82	0.26	1094
Total	2.03	0.22	544	1.96	0.23	544	1.89	0.23	533	1.68	0.24	483	1.57	0.25	73	1.88	0.27	2177

mean velocity at 1 cycle during maximal walking (m/sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.09	0.21	273	2.04	0.21	277	1.97	0.23	281	1.79	0.23	232	1.69	0.27	36	1.97	0.25	1099
Female	2.00	0.20	283	1.91	0.20	271	1.85	0.20	260	1.63	0.20	254	1.51	0.17	38	1.84	0.25	1106
Total	2.05	0.21	556	1.98	0.22	548	1.91	0.22	541	1.71	0.23	486	1.60	0.24	74	1.91	0.26	2205

step length during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.87	0.06	260	0.84	0.06	271	0.83	0.07	271	0.79	0.07	226	0.75	0.08	38	0.83	0.08	1066
Female	0.76	0.06	280	0.75	0.05	266	0.73	0.06	255	0.68	0.06	247	0.64	0.06	36	0.73	0.07	1084
Total	0.81	0.08	540	0.80	0.07	537	0.78	0.08	526	0.73	0.08	473	0.69	0.09	74	0.78	0.09	2150

step frequency during maximal walking (Hz)

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

stance time during maximal walking (sec)

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

swing time during maximal walking (sec)

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

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

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

cycle duration during maximal walking (sec)

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

stance time during maximal walking (% of 1 cycle)

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

swing time during maximal walking (% of 1 cycle)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

peak extensor torque at ankle during maximal walking (Nm)

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

4) Stabilometry (NEC Co.)

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

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

Stabilometry - total locus length with eyes opened (cm)

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

Stabilometry - out around area with eyes closed (cm2)

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

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

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

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

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

Stabilometry - center coordinates X with eyes closed (cm)

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

Stabilometry - center coordinates Y with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.60	1.84	286	-0.74	1.90	294	-0.66	1.88	299	-0.93	1.64	250	-0.75	2.40	52	-0.73	1.86	1181
Female	-1.72	1.57	293	-1.78	1.61	283	-1.65	1.69	272	-1.75	1.63	279	-2.00	1.60	53	-1.74	1.62	1180
Total	-1.17	1.80	579	-1.25	1.84	577	-1.13	1.86	571	-1.36	1.68	529	-1.38	2.12	105	-1.23	1.81	2361

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

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

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

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

Stabilometry - total locus length with eyes closed (cm)

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

5) Physical activity assessed by electric pedometer

Electric pedometer, Suzuken corp.

Electric pedmeter - total energy expenditure average (kcal)

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

Electric pedmeters - exercise energy expenditure average (kcal)

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

Electric pedmeters - 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	9054	3360	257	9446	3760	277	8583	3807	280	7223	3773	236	4556	2620	40	8471	3807	1090
Female	8997	2838	274	8984	2990	268	8506	3146	263	6765	2726	247	5755	2828	41	8249	3092	1093
Total	9024	3099	531	9219	3408	545	8546	3499	543	6988	3284	483	5163	2776	81	8360	3469	2183

6) Physical activity questionnaire

Distribution of 4 categories of leisure-time physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
2. 5METs	Male	72	25.2	129	43.7	196	65.3	165	64.7	36	67.9	598	50.3
	Female	67	22.8	107	37.8	135	49.5	161	56.5	35	59.3	505	42.3
	Total	139	24.0	236	40.8	331	57.8	326	60.4	71	63.4	1103	46.3
4. 5METs	Male	68	23.8	85	28.8	98	32.7	64	25.1	4	7.5	319	26.8
	Female	62	21.1	81	28.6	97	35.5	65	22.8	8	13.6	313	26.2
	Total	130	22.4	166	28.7	195	34.0	129	23.9	12	10.7	632	26.5
6. 5METs	Male	28	9.8	22	7.5	10	3.3	1	0.4	0	0.0	61	5.1
	Female	7	2.4	3	1.1	1	0.4	0	0.0	0	0.0	11	0.9
	Total	35	6.0	25	4.3	11	1.9	1	0.2	0	0.0	72	3.0
8. 5METs	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0

Leisure-time physical activity score (2. 5METs) (METs*min/1000/year)

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

Leisure-time physical activity score (4. 5METs) (METs*min/1000/year)

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

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

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

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

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

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

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

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

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

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

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