

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	75.2	7.9	185	73.8	7.3	156	71.8	7.8	161	68.2	9.0	166	63.2	10.0	48	71.7	8.9	716
Female	69.2	7.0	195	67.9	7.1	147	67.3	7.3	157	63.1	8.1	161	56.7	8.9	43	66.3	8.2	703
Total	72.1	8.0	380	70.9	7.8	303	69.6	7.9	318	65.7	8.9	327	60.1	10.0	91	69.1	8.9	1419

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	117.4	8.7	185	119.6	9.0	156	119.9	10.1	161	117.8	9.9	166	115.0	12.0	48	118.4	9.7	716
Female	123.0	9.2	195	123.4	10.2	147	124.3	9.6	157	121.0	10.8	161	115.0	11.7	43	122.4	10.3	703
Total	120.2	9.4	380	121.4	9.7	303	122.1	10.1	318	119.4	10.5	327	115.0	11.8	91	120.4	10.2	1419

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	88.1	10.1	185	88.0	8.9	156	86.0	10.6	161	80.2	11.8	166	72.8	13.7	48	84.8	11.5	716
Female	85.1	10.0	195	83.7	10.7	147	83.6	9.7	157	76.2	10.7	161	65.0	10.6	43	81.2	11.6	703
Total	86.5	10.2	380	85.9	10.0	303	84.8	10.2	318	78.2	11.5	327	69.1	12.9	91	83.0	11.7	1419

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	87.2	8.6	185	86.4	8.6	156	84.7	8.9	158	78.3	9.6	163	74.2	10.1	43	83.6	9.9	705
Female	77.7	7.4	194	75.8	8.0	144	74.3	7.4	156	69.5	8.9	155	64.9	10.3	33	74.0	8.8	682
Total	82.4	9.3	379	81.3	9.9	300	79.5	9.7	314	74.0	10.3	318	70.1	11.1	76	78.9	10.5	1387

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	138.3	14.2	185	139.0	12.8	156	134.8	11.9	158	134.5	14.3	163	134.5	12.6	43	136.6	13.5	705
Female	145.8	12.7	194	144.5	12.8	144	142.8	11.4	156	138.2	14.0	155	133.1	14.6	33	142.5	13.3	682
Total	142.2	13.9	379	141.7	13.1	300	138.8	12.3	314	136.3	14.2	318	133.9	13.5	76	139.5	13.7	1387

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	120.3	13.8	185	119.7	13.8	156	113.7	12.2	158	105.2	15.7	163	99.4	14.5	43	113.9	15.6	705
Female	113.1	10.9	195	109.3	12.9	144	105.8	11.0	156	95.7	13.3	155	85.4	10.2	33	105.3	14.2	683
Total	116.6	12.9	380	114.7	14.3	300	109.8	12.3	314	100.5	15.3	318	93.3	14.6	76	109.7	15.5	1388

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			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.58	0.17	179	1.58	0.17	153	1.55	0.18	157	1.45	0.20	161	1.34	0.19	44	1.53	0.19	694
Female	1.54	0.17	191	1.52	0.20	140	1.52	0.16	155	1.40	0.20	157	1.19	0.15	40	1.48	0.20	683
Total	1.56	0.17	370	1.55	0.19	293	1.53	0.17	312	1.43	0.20	318	1.27	0.19	84	1.50	0.20	1377

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.53	0.17	170	1.53	0.18	148	1.50	0.19	155	1.40	0.20	160	1.28	0.18	43	1.47	0.20	676
Female	1.49	0.18	186	1.46	0.20	136	1.46	0.16	153	1.35	0.19	155	1.15	0.15	38	1.43	0.20	668
Total	1.51	0.17	356	1.49	0.19	284	1.48	0.17	308	1.38	0.20	315	1.22	0.18	81	1.45	0.20	1344

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.55	0.17	176	1.56	0.18	152	1.53	0.18	156	1.43	0.20	161	1.31	0.19	44	1.51	0.19	689
Female	1.52	0.17	187	1.49	0.20	138	1.50	0.16	153	1.38	0.19	158	1.18	0.15	40	1.46	0.20	676
Total	1.54	0.17	363	1.53	0.19	290	1.51	0.17	309	1.41	0.20	319	1.25	0.18	84	1.48	0.20	1365

step length during comfortable walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.78	0.06	179	0.76	0.06	150	0.75	0.07	156	0.72	0.08	162	0.66	0.09	44	0.75	0.08	691
Female	0.71	0.06	193	0.69	0.07	142	0.69	0.06	155	0.65	0.07	157	0.59	0.06	40	0.68	0.07	687
Total	0.74	0.07	372	0.73	0.07	292	0.72	0.07	311	0.69	0.08	319	0.63	0.08	84	0.71	0.08	1378

step frequency during comfortable walking (Hz)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.01	0.13	172	2.06	0.14	147	2.04	0.13	153	2.01	0.14	157	1.99	0.12	42	2.02	0.14	671
Female	2.15	0.14	184	2.16	0.15	136	2.16	0.13	151	2.10	0.17	153	2.00	0.14	39	2.14	0.15	663
Total	2.08	0.15	356	2.11	0.15	283	2.10	0.15	304	2.05	0.16	310	1.99	0.13	81	2.08	0.16	1334

stance time during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.67	0.05	181	0.65	0.05	156	0.66	0.05	160	0.67	0.06	161	0.68	0.05	43	0.66	0.05	701
Female	0.63	0.05	192	0.63	0.06	144	0.63	0.05	155	0.65	0.05	157	0.68	0.05	39	0.64	0.05	687
Total	0.65	0.05	373	0.64	0.05	300	0.64	0.05	315	0.66	0.05	318	0.68	0.05	82	0.65	0.05	1388

swing time during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.37	0.02	175	0.37	0.02	152	0.37	0.02	155	0.36	0.03	157	0.37	0.02	45	0.37	0.02	684
Female	0.35	0.02	187	0.35	0.02	137	0.34	0.02	152	0.34	0.02	156	0.35	0.03	39	0.34	0.02	671
Total	0.36	0.02	362	0.36	0.03	289	0.35	0.03	307	0.35	0.03	313	0.36	0.03	84	0.36	0.03	1355

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.16	0.02	179	0.15	0.02	151	0.15	0.02	152	0.16	0.02	156	0.16	0.02	42	0.15	0.02	680
Female	0.15	0.02	188	0.15	0.02	140	0.15	0.02	150	0.15	0.02	150	0.16	0.02	34	0.15	0.02	662
Total	0.15	0.02	367	0.15	0.02	291	0.15	0.02	302	0.16	0.02	306	0.16	0.02	76	0.15	0.02	1342

cycle duration during comfortable walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.04	0.06	175	1.02	0.06	150	1.02	0.06	155	1.03	0.07	154	1.05	0.05	42	1.03	0.06	676
Female	0.98	0.06	184	0.98	0.06	134	0.97	0.06	151	0.99	0.06	151	1.02	0.06	38	0.98	0.06	658
Total	1.01	0.07	359	1.00	0.06	284	1.00	0.07	306	1.01	0.07	305	1.04	0.06	80	1.01	0.07	1334

stance time during comfortable walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.4	1.5	173	64.0	1.5	149	64.1	1.6	152	64.9	1.6	151	64.8	1.7	42	64.4	1.6	667
Female	64.5	1.5	185	64.4	1.6	132	64.8	1.4	149	65.5	1.4	149	66.0	1.4	35	64.9	1.6	650
Total	64.5	1.5	358	64.2	1.6	281	64.4	1.5	301	65.2	1.5	300	65.3	1.6	77	64.6	1.6	1317

swing time during comfortable walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	35.6	1.5	173	36.0	1.5	148	35.9	1.6	152	35.1	1.6	151	35.2	1.7	42	35.6	1.6	666
Female	35.5	1.5	185	35.6	1.6	132	35.2	1.4	149	34.5	1.4	149	34.0	1.4	35	35.1	1.6	650
Total	35.5	1.5	358	35.8	1.6	280	35.6	1.5	301	34.8	1.5	300	34.7	1.6	77	35.4	1.6	1316

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.9	1.4	179	15.0	1.5	150	14.9	1.4	151	15.1	1.5	156	15.1	1.6	42	15.0	1.4	678
Female	15.1	1.4	186	15.0	1.7	139	15.1	1.3	149	15.6	1.5	149	15.6	1.6	34	15.2	1.5	657
Total	15.0	1.4	365	15.0	1.6	289	15.0	1.3	300	15.4	1.5	305	15.3	1.6	76	15.1	1.5	1335

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	47.5	4.4	176	47.7	5.1	148	47.8	5.5	148	46.8	5.9	156	44.4	6.3	42	47.3	5.4	670
Female	45.7	5.0	182	46.1	5.0	140	46.9	4.8	150	46.0	5.1	153	41.7	4.6	38	45.9	5.0	663
Total	46.6	4.8	358	46.9	5.1	288	47.3	5.1	298	46.4	5.5	309	43.1	5.7	80	46.6	5.2	1333

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	40.1	4.7	178	40.0	5.4	153	40.4	5.9	153	39.4	6.1	157	37.3	6.4	42	39.8	5.6	683
Female	38.6	4.8	187	39.1	5.4	140	39.9	5.0	150	38.7	6.1	159	34.0	5.0	40	38.8	5.5	676
Total	39.3	4.8	365	39.6	5.4	293	40.2	5.5	303	39.0	6.1	316	35.7	5.9	82	39.3	5.6	1359

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	50.1	4.1	172	50.2	4.6	148	50.3	5.2	150	49.2	5.6	152	47.4	5.6	41	49.8	5.0	663
Female	47.9	4.6	179	48.6	4.6	140	49.3	4.6	147	48.8	5.1	154	44.6	4.8	37	48.4	4.8	657
Total	49.0	4.5	351	49.4	4.7	288	49.8	4.9	297	49.0	5.4	306	46.1	5.4	78	49.1	5.0	1320

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.0	5.1	174	36.8	5.0	145	36.1	5.4	146	36.8	5.1	154	36.1	5.4	40	36.7	5.1	659
Female	37.5	5.3	177	36.7	5.7	130	35.8	5.0	145	36.5	5.3	143	38.7	4.3	33	36.8	5.3	628
Total	37.3	5.2	351	36.7	5.3	275	36.0	5.2	291	36.6	5.2	297	37.3	5.1	73	36.7	5.2	1287

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	63.1	4.3	172	63.3	4.1	149	62.6	4.3	155	62.4	4.9	150	60.8	4.3	43	62.7	4.4	669
Female	63.4	4.4	185	63.0	4.3	135	61.9	4.6	151	62.6	4.4	152	60.1	4.8	38	62.6	4.5	661
Total	63.3	4.4	357	63.2	4.2	284	62.2	4.5	306	62.5	4.6	302	60.5	4.5	81	62.7	4.5	1330

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	65.2	4.2	169	65.1	3.6	143	64.5	4.0	149	64.1	4.9	147	62.9	4.2	40	64.6	4.2	648
Female	65.4	4.1	175	64.8	4.0	133	64.0	4.6	145	64.3	4.1	145	61.6	4.5	34	64.5	4.3	632
Total	65.3	4.2	344	65.0	3.8	276	64.2	4.3	294	64.2	4.5	292	62.3	4.4	74	64.6	4.3	1280

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.7	4.4	174	29.7	4.2	147	29.8	4.3	151	29.0	4.7	152	26.6	4.0	42	29.6	4.5	666
Female	31.3	4.0	177	31.8	4.5	133	31.2	4.7	143	29.7	4.7	143	29.2	4.5	35	30.9	4.5	631
Total	31.0	4.2	351	30.7	4.5	280	30.5	4.6	294	29.3	4.7	295	27.8	4.4	77	30.2	4.6	1297

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.0	5.2	175	21.2	4.9	149	21.6	4.8	150	19.2	5.0	152	17.9	5.1	41	21.1	5.2	667
Female	24.3	4.9	181	24.4	5.8	132	24.3	5.5	150	21.3	5.3	149	18.1	6.2	41	23.3	5.7	653
Total	23.7	5.1	356	22.7	5.5	281	22.9	5.3	300	20.2	5.2	301	18.0	5.7	82	22.2	5.6	1320

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.7	4.3	167	32.6	4.0	144	32.6	4.5	147	31.1	4.8	150	29.5	3.9	38	32.4	4.5	646
Female	34.9	4.2	170	34.9	4.6	129	34.1	4.8	141	32.6	4.8	139	32.1	4.4	35	34.1	4.7	614
Total	34.3	4.3	337	33.7	4.5	273	33.3	4.7	288	31.8	4.9	289	30.7	4.3	73	33.2	4.7	1260

peak extensor torque at ankle during comfortable walking (Nm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	98.3	22.5	157	94.2	19.0	130	89.7	17.6	134	84.7	17.2	143	73.1	13.2	41	90.6	20.1	605
Female	76.0	15.0	173	70.2	14.8	123	71.2	13.3	137	61.9	11.6	132	55.5	9.9	32	69.5	14.9	597
Total	86.6	22.0	330	82.5	20.9	253	80.3	18.1	271	73.7	18.7	275	65.4	14.7	73	80.1	20.6	1202

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.10	0.21	165	2.09	0.23	141	2.00	0.24	149	1.84	0.25	156	1.75	0.24	42	1.99	0.26	653
Female	2.00	0.20	188	1.94	0.22	136	1.87	0.20	154	1.69	0.23	142	1.49	0.17	32	1.87	0.25	652
Total	2.05	0.21	353	2.02	0.24	277	1.93	0.23	303	1.77	0.25	298	1.64	0.25	74	1.93	0.26	1305

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.06	0.23	163	2.06	0.25	141	1.95	0.24	146	1.80	0.28	156	1.68	0.24	41	1.95	0.28	647
Female	1.97	0.20	189	1.90	0.23	135	1.82	0.21	154	1.65	0.24	141	1.46	0.17	31	1.83	0.26	650
Total	2.01	0.22	352	1.98	0.26	276	1.88	0.23	300	1.73	0.27	297	1.59	0.24	72	1.89	0.28	1297

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.10	0.23	176	2.09	0.24	145	1.98	0.23	150	1.83	0.27	157	1.72	0.23	41	1.99	0.27	669
Female	1.99	0.20	192	1.93	0.23	137	1.85	0.21	155	1.68	0.24	142	1.48	0.18	32	1.85	0.26	658
Total	2.04	0.22	368	2.01	0.25	282	1.91	0.23	305	1.76	0.26	299	1.61	0.24	73	1.92	0.27	1327

step length during maximal walking (m)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.87	0.06	173	0.85	0.08	146	0.84	0.07	150	0.79	0.08	157	0.76	0.08	42	0.83	0.08	668
Female	0.77	0.06	192	0.75	0.07	139	0.74	0.07	155	0.70	0.07	146	0.65	0.06	30	0.74	0.07	662
Total	0.82	0.08	365	0.80	0.09	285	0.79	0.09	305	0.75	0.09	303	0.72	0.09	72	0.79	0.09	1330

step frequency during maximal walking (Hz)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.40	0.21	166	2.44	0.19	138	2.36	0.22	143	2.31	0.22	150	2.27	0.19	41	2.37	0.22	638
Female	2.60	0.22	190	2.56	0.23	134	2.50	0.21	152	2.42	0.23	137	2.31	0.15	28	2.51	0.23	641
Total	2.50	0.24	356	2.50	0.22	272	2.43	0.22	295	2.36	0.23	287	2.29	0.17	69	2.44	0.24	1279

stance time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.54	0.05	169	0.54	0.05	145	0.56	0.05	149	0.58	0.05	154	0.58	0.05	42	0.56	0.05	659
Female	0.52	0.05	191	0.53	0.05	137	0.54	0.04	153	0.56	0.06	146	0.59	0.05	32	0.54	0.05	659
Total	0.53	0.05	360	0.53	0.05	282	0.55	0.05	302	0.57	0.06	300	0.58	0.05	74	0.55	0.05	1318

swing time during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.34	0.02	163	0.33	0.03	140	0.33	0.03	147	0.33	0.03	153	0.34	0.03	41	0.33	0.03	644
Female	0.31	0.02	189	0.31	0.02	135	0.31	0.02	151	0.31	0.03	137	0.31	0.03	32	0.31	0.02	644
Total	0.32	0.03	352	0.32	0.03	275	0.32	0.03	298	0.32	0.03	290	0.32	0.03	73	0.32	0.03	1288

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.12	0.01	145	0.12	0.02	119	0.12	0.01	135	0.13	0.02	144	0.13	0.01	41	0.12	0.02	584
Female	0.12	0.01	178	0.12	0.02	130	0.12	0.01	144	0.13	0.02	140	0.14	0.02	32	0.12	0.02	624
Total	0.12	0.01	323	0.12	0.02	249	0.12	0.01	279	0.13	0.02	284	0.13	0.02	73	0.12	0.02	1208

cycle duration during maximal walking (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.88	0.07	162	0.87	0.06	137	0.89	0.07	144	0.91	0.07	150	0.92	0.07	41	0.89	0.07	634
Female	0.83	0.06	188	0.84	0.06	131	0.85	0.06	149	0.88	0.07	135	0.89	0.05	31	0.85	0.07	634
Total	0.85	0.07	350	0.85	0.06	268	0.87	0.07	293	0.89	0.07	285	0.91	0.07	72	0.87	0.07	1268

stance time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	61.8	1.9	162	62.2	2.0	136	62.6	1.9	144	63.6	1.9	148	63.4	1.5	41	62.6	2.0	631
Female	62.9	1.9	187	63.0	1.7	131	63.6	1.6	149	64.5	1.8	129	64.9	1.9	27	63.5	1.9	623
Total	62.4	2.0	349	62.6	1.9	267	63.1	1.8	293	64.0	1.9	277	64.0	1.8	68	63.1	2.0	1254

swing time during maximal walking (% of 1 cycle)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.1	1.9	161	37.7	2.0	135	37.3	1.9	143	36.4	1.9	148	36.6	1.5	41	37.4	2.0	628
Female	37.0	1.8	186	37.0	1.7	130	36.4	1.6	149	35.5	1.8	128	35.1	1.9	27	36.5	1.9	620
Total	37.5	1.9	347	37.4	1.9	265	36.9	1.8	292	36.0	1.9	276	36.0	1.8	68	36.9	2.0	1248

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.9	1.6	139	14.1	1.5	115	13.9	1.5	134	14.2	1.3	141	13.9	1.3	41	14.0	1.5	570
Female	14.0	1.4	176	14.1	1.5	127	14.3	1.3	141	15.0	1.5	131	14.8	1.3	27	14.3	1.5	602
Total	13.9	1.5	315	14.1	1.5	242	14.1	1.4	275	14.6	1.5	272	14.2	1.4	68	14.2	1.5	1172

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	53.4	4.9	164	53.7	5.6	141	53.5	5.4	140	52.1	6.2	149	50.3	6.9	37	53.0	5.7	631
Female	50.0	5.0	188	49.9	5.5	132	50.2	5.7	151	49.3	5.9	140	44.8	5.2	30	49.6	5.6	641
Total	51.6	5.2	352	51.9	5.9	273	51.8	5.8	291	50.7	6.2	289	47.8	6.7	67	51.3	5.9	1272

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	47.7	5.0	176	47.3	6.3	147	47.0	6.3	148	45.0	6.9	154	43.8	7.1	42	46.6	6.3	667
Female	43.9	5.3	188	44.1	6.2	138	44.3	6.2	152	43.0	6.7	144	38.2	5.0	28	43.6	6.1	650
Total	45.7	5.5	364	45.8	6.4	285	45.6	6.4	300	44.1	6.9	298	41.6	6.9	70	45.1	6.4	1317

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.6	4.3	171	55.6	5.3	143	55.4	5.2	143	54.0	5.9	149	53.0	6.0	37	55.0	5.3	643
Female	52.6	4.7	183	52.5	5.3	132	52.8	5.2	150	52.4	5.6	138	47.9	4.5	29	52.4	5.2	632
Total	54.1	4.7	354	54.1	5.5	275	54.1	5.4	293	53.2	5.8	287	50.8	5.9	66	53.7	5.4	1275

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.0	4.7	166	31.4	4.7	146	31.9	5.1	146	33.0	5.7	148	32.4	4.8	39	31.9	5.1	645
Female	32.6	5.2	183	32.3	5.5	128	32.0	5.7	150	33.3	6.3	130	36.4	5.8	29	32.7	5.7	620
Total	31.9	5.0	349	31.8	5.1	274	32.0	5.4	296	33.1	6.0	278	34.1	5.5	68	32.3	5.4	1265

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	60.9	5.3	165	60.2	5.5	146	60.7	4.7	144	61.1	4.8	149	59.4	4.5	40	60.6	5.1	644
Female	59.6	5.0	183	60.7	4.5	134	60.4	4.8	149	61.1	5.1	143	61.8	4.7	29	60.5	4.9	638
Total	60.2	5.2	348	60.4	5.0	280	60.6	4.7	293	61.1	4.9	292	60.4	4.7	69	60.6	5.0	1282

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.5	4.6	157	64.2	5.1	143	63.8	4.5	139	63.6	4.6	145	62.2	4.8	38	63.9	4.7	622
Female	64.4	4.7	176	64.1	4.1	125	63.5	4.9	148	64.1	4.7	133	63.0	5.3	30	64.0	4.7	612
Total	64.4	4.6	333	64.2	4.7	268	63.7	4.7	287	63.9	4.7	278	62.6	5.0	68	64.0	4.7	1234

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	36.1	6.5	168	35.3	6.4	142	35.0	6.0	144	32.2	6.9	150	31.2	7.0	39	34.5	6.7	643
Female	36.3	6.3	181	36.1	7.1	129	35.5	6.9	148	32.8	6.7	129	30.8	6.3	30	35.0	6.9	617
Total	36.2	6.4	349	35.7	6.7	271	35.2	6.5	292	32.5	6.8	279	31.0	6.7	69	34.7	6.8	1260

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.5	6.9	165	29.1	6.4	138	28.2	6.3	145	24.7	6.6	147	24.1	6.3	39	27.7	6.8	634
Female	31.3	6.6	179	30.4	7.0	131	30.2	7.2	148	26.0	7.4	140	20.0	5.6	28	29.2	7.5	626
Total	30.4	6.8	344	29.7	6.7	269	29.2	6.8	293	25.4	7.0	287	22.4	6.3	67	28.4	7.2	1260

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.4	6.4	155	37.3	6.1	136	36.5	5.7	140	33.8	6.7	144	33.7	6.4	35	36.4	6.5	610
Female	38.7	6.4	173	37.8	6.8	124	37.6	6.6	141	34.8	6.5	123	31.8	6.0	28	37.1	6.8	589
Total	38.5	6.4	328	37.5	6.4	260	37.0	6.2	281	34.3	6.6	267	32.9	6.3	63	36.7	6.6	1199

peak extensor torque at ankle during maximal walking (Nm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	95.3	21.2	136	93.0	16.6	117	86.8	19.0	121	80.8	18.7	138	69.5	14.6	38	87.5	20.1	550
Female	70.2	15.0	163	65.4	14.8	119	64.5	13.4	129	59.1	10.7	114	56.1	11.1	28	64.8	14.3	553
Total	81.6	22.0	299	79.1	20.9	236	75.3	19.8	250	71.0	19.0	252	63.8	14.7	66	76.1	20.8	1103

4) Stabilometry (NEC Co.)

Stabilometry - sway area with eyes open (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	2.97	1.27	185	3.12	1.16	156	3.31	1.63	162	3.91	1.72	168	4.62	2.49	51	3.41	1.63	722
Female	2.44	1.29	195	2.91	1.24	148	3.38	1.75	159	3.76	1.82	164	4.04	1.85	48	3.15	1.66	714
Total	2.70	1.31	380	3.02	1.20	304	3.34	1.69	321	3.83	1.77	332	4.34	2.21	99	3.28	1.64	1436

Stabilometry - total power spectram X with eyes open (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	0.43	0.36	185	0.41	0.25	156	0.41	0.29	162	0.49	0.29	168	0.65	0.53	51	0.45	0.33	722
Female	0.32	0.23	195	0.36	0.20	148	0.42	0.35	159	0.50	0.33	164	0.52	0.26	48	0.40	0.29	714
Total	0.37	0.30	380	0.38	0.23	304	0.41	0.32	321	0.50	0.31	332	0.59	0.42	99	0.43	0.31	1436

Stabilometry - total power spectram Y with eyes open (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	0.77	0.57	185	0.77	0.55	156	0.71	0.43	162	0.78	0.49	168	0.72	0.45	51	0.76	0.51	722
Female	0.61	0.44	195	0.75	0.55	148	0.74	0.60	159	0.75	0.65	164	0.73	0.47	48	0.71	0.56	714
Total	0.69	0.51	380	0.76	0.55	304	0.73	0.52	321	0.76	0.58	332	0.72	0.46	99	0.73	0.53	1436

Stabilometry - center coodainates X with eyes open (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.42	0.66	185	0.32	0.77	156	0.32	0.71	162	0.41	0.78	168	0.50	0.82	51	0.38	0.74	722
Female	0.32	0.51	195	0.39	0.58	148	0.54	0.69	159	0.51	0.68	164	0.65	0.69	48	0.45	0.63	714
Total	0.37	0.59	380	0.36	0.68	304	0.43	0.71	321	0.46	0.73	332	0.57	0.76	99	0.41	0.69	1436

Stabilometry - center coodainates Y with eyes open (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-1.25	1.59	185	-1.36	1.59	156	-1.34	1.54	162	-1.07	1.66	168	-1.27	1.52	51	-1.25	1.59	722
Female	-2.22	1.42	195	-2.32	1.48	148	-2.33	1.32	159	-2.09	1.43	164	-2.35	1.54	48	-2.25	1.42	714
Total	-1.75	1.58	380	-1.83	1.61	304	-1.83	1.52	321	-1.58	1.63	332	-1.79	1.62	99	-1.75	1.59	1436

Stabilometry - anterior-posterior length with eyes open (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.87	0.80	185	2.91	0.75	156	2.93	0.77	162	3.12	0.83	168	3.23	0.88	51	2.97	0.80	722
Female	2.54	0.71	195	2.85	0.77	148	2.95	0.89	159	3.03	0.89	164	3.11	0.86	48	2.85	0.84	714
Total	2.70	0.77	380	2.88	0.76	304	2.94	0.83	321	3.07	0.86	332	3.17	0.87	99	2.91	0.82	1436

Stabilometry - medio-lateral length with eyes open (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.38	0.68	185	2.38	0.59	156	2.45	0.80	162	2.72	0.75	168	3.11	1.02	51	2.52	0.76	722
Female	2.12	0.63	195	2.27	0.56	148	2.47	0.70	159	2.73	0.79	164	2.77	0.65	48	2.41	0.72	714
Total	2.25	0.67	380	2.32	0.57	304	2.46	0.75	321	2.73	0.77	332	2.95	0.87	99	2.47	0.74	1436

Stabilometry - total path length with eyes open (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	90.3	23.0	185	105.5	39.3	156	106.9	38.0	162	117.9	35.8	168	130.4	41.7	51	106.6	36.7	722
Female	81.0	28.0	195	94.9	27.8	148	100.6	31.7	159	106.1	32.6	164	113.4	33.2	48	96.2	31.9	714
Total	85.5	26.1	380	100.4	34.5	304	103.8	35.1	321	112.0	34.7	332	122.1	38.6	99	101.4	34.8	1436

Stabilometry - sway area 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	3.75	2.15	185	4.15	2.20	156	4.83	3.39	162	5.92	3.73	167	7.60	5.30	51	4.85	3.34	721
Female	2.97	1.57	195	3.38	1.68	148	4.50	2.83	159	5.13	3.07	164	5.27	3.31	45	4.04	2.59	711
Total	3.35	1.91	380	3.78	2.00	304	4.66	3.12	321	5.53	3.44	331	6.51	4.61	96	4.45	3.02	1432

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	0.43	0.26	185	0.46	0.31	156	0.53	0.37	162	0.64	0.48	167	0.83	0.72	51	0.54	0.41	721
Female	0.34	0.22	195	0.39	0.24	148	0.48	0.32	159	0.62	0.49	164	0.67	0.56	45	0.47	0.37	711
Total	0.39	0.24	380	0.43	0.28	304	0.50	0.35	321	0.63	0.48	331	0.76	0.65	96	0.50	0.39	1432

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	0.61	0.63	185	0.57	0.33	156	0.71	0.55	162	0.84	0.59	167	1.04	0.76	51	0.71	0.58	721
Female	0.50	0.37	195	0.51	0.29	148	0.66	0.46	159	0.78	0.61	164	0.68	0.50	45	0.61	0.47	711
Total	0.56	0.52	380	0.54	0.32	304	0.69	0.51	321	0.81	0.60	331	0.87	0.67	96	0.66	0.53	1432

Stabilometry - center coodainates X with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.32	0.68	185	0.17	0.75	156	0.22	0.73	162	0.33	0.78	167	0.50	0.73	51	0.28	0.74	721
Female	0.29	0.52	195	0.38	0.63	148	0.47	0.69	159	0.44	0.68	164	0.52	0.69	45	0.40	0.64	711
Total	0.31	0.61	380	0.27	0.70	304	0.34	0.72	321	0.38	0.73	331	0.51	0.71	96	0.34	0.69	1432

Stabilometry - center coodainates Y with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-0.77	1.55	185	-0.80	1.58	156	-0.72	1.59	162	-0.70	1.74	167	-0.91	1.45	51	-0.76	1.60	721
Female	-1.83	1.36	195	-1.82	1.43	148	-1.82	1.26	159	-1.68	1.44	164	-1.98	1.47	45	-1.80	1.38	711
Total	-1.31	1.55	380	-1.30	1.59	304	-1.27	1.53	321	-1.19	1.67	331	-1.41	1.55	96	-1.28	1.58	1432

Stabilometry - anterior-posterior with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.95	0.95	185	3.00	0.82	156	3.27	1.03	162	3.63	1.12	167	4.05	1.55	51	3.27	1.09	721
Female	2.66	0.88	195	2.74	0.74	148	3.16	1.00	159	3.35	1.12	164	3.25	1.00	45	2.99	0.99	711
Total	2.80	0.92	380	2.87	0.79	304	3.22	1.01	321	3.49	1.13	331	3.68	1.37	96	3.13	1.05	1432

Stabilometry - medio-lateral length with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.59	0.78	185	2.75	0.81	156	2.89	0.94	162	3.19	1.08	167	3.51	1.32	51	2.90	0.98	721
Female	2.29	0.71	195	2.49	0.70	148	2.73	0.85	159	3.06	1.02	164	3.24	1.14	45	2.67	0.91	711
Total	2.44	0.76	380	2.62	0.77	304	2.81	0.90	321	3.13	1.05	331	3.39	1.24	96	2.78	0.95	1432

Stabilometry - total path length with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	111.2	29.4	185	130.3	40.9	156	139.2	50.6	162	158.2	64.3	167	187.1	81.8	51	137.9	55.1	721
Female	95.2	29.6	195	112.5	32.4	148	124.2	43.8	159	134.3	44.8	164	145.9	51.4	45	117.5	42.2	711
Total	103.0	30.5	380	121.6	38.0	304	131.7	47.9	321	146.4	56.7	331	167.8	71.9	96	127.8	50.1	1432

5) Physical activity assessed by electric pedometer

Electric pedometer, Suzuken corp.

Electric pedometer - total energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2225.1	192.0	161	2163.7	209.0	144	1958.4	187.7	154	1805.8	197.1	152	1555.3	146.5	46	2005.2	280.1	657
Female	1743.0	183.2	172	1684.9	155.0	141	1675.7	162.6	148	1502.9	137.2	150	1321.1	154.4	31	1638.3	196.6	642
Total	1976.1	305.4	333	1926.8	302.2	285	1819.9	225.5	302	1655.4	227.6	302	1461.0	188.4	77	1823.9	304.0	1299

Electric pedometers - exercise energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	286.0	99.8	161	298.3	127.4	144	252.1	113.3	154	213.3	125.4	152	138.0	78.1	46	253.6	122.5	657
Female	216.8	81.9	172	207.0	80.6	141	215.7	94.3	148	152.1	70.5	150	93.4	54.6	31	193.3	87.9	642
Total	250.3	97.2	333	253.1	116.0	285	234.3	105.8	302	182.9	106.2	302	120.1	72.6	77	223.8	110.9	1299

Electric pedometers - steps average (step)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9281	2919	161	9794	3517	144	9128	3642	154	8181	4065	153	5868	2844	47	8859	3636	659
Female	9094	2639	173	9261	3079	142	9412	3514	148	7247	2818	151	5123	2371	31	8581	3192	645
Total	9185	2775	334	9529	3311	286	9267	3577	302	7717	3527	304	5572	2675	78	8721	3425	1304

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	44	23.8	75	48.1	97	59.9	124	72.9	44	84.6	384	53.0
	Female	39	20.0	69	46.6	88	55.3	102	61.1	30	56.6	328	45.4
	Total	83	21.8	144	47.4	185	57.6	226	67.1	74	70.5	712	49.2
4. 5METs	Male	56	30.3	57	36.5	65	40.1	48	28.2	6	11.5	232	32.0
	Female	41	21.0	40	27.0	53	33.3	48	28.7	9	17.0	191	26.5
	Total	97	25.5	97	31.9	118	36.8	96	28.5	15	14.3	423	29.2
6. 5METs	Male	24	13.0	10	6.4	5	3.1	4	2.4	0	0.0	43	5.9
	Female	5	2.6	4	2.7	1	0.6	0	0.0	1	1.9	11	1.5
	Total	29	7.6	14	4.6	6	1.9	4	1.2	1	1.0	54	3.7
8. 5METs	Male	1	0.5	0	0.0	1	0.6	0	0.0	0	0.0	2	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.3	0	0.0	1	0.3	0	0.0	0	0.0	2	0.1
Total	Male	185	100.0	156	100.0	162	100.0	170	100.0	52	100.0	725	100.0
	Female	195	100.0	148	100.0	159	100.0	167	100.0	53	100.0	722	100.0
	Total	380	100.0	304	100.0	321	100.0	337	100.0	105	100.0	1447	100.0

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.1	9.8	185	11.3	18.1	156	28.6	43.3	162	35.9	44.4	170	34.9	42.8	52	20.8	35.7	725
Female	3.7	11.4	195	13.1	21.1	148	18.4	28.5	158	21.2	33.8	167	18.3	27.7	52	14.0	25.9	720
Total	3.9	10.6	380	12.2	19.6	304	23.6	37.0	320	28.6	40.1	337	26.6	36.8	104	17.4	31.3	1445

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	6.7	20.9	185	8.2	18.4	156	22.1	46.1	162	17.3	43.7	170	2.9	11.7	52	12.7	34.0	725
Female	7.2	20.2	195	10.1	23.3	148	13.9	29.8	158	12.0	25.7	167	4.6	11.6	52	10.2	24.2	720
Total	7.0	20.6	380	9.2	20.9	304	18.0	39.1	320	14.7	36.0	337	3.7	11.6	104	11.5	29.6	1445

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	4.2	15.8	185	2.5	11.5	156	3.8	26.7	162	0.6	4.4	170	0.0	0.0	52	2.6	16.0	725
Female	1.7	14.3	195	0.9	6.5	148	1.9	23.8	158	0.0	0.0	167	0.8	6.1	52	1.1	13.8	720
Total	2.9	15.1	380	1.7	9.4	304	2.9	25.3	320	0.3	3.2	337	0.4	4.3	104	1.9	15.0	1445

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	0.3	3.7	185	0.0	0.0	156	0.2	1.9	162	0.0	0.0	170	0.0	0.0	52	0.1	2.1	725
Female	0.0	0.0	195	0.0	0.0	148	0.0	0.0	158	0.0	0.0	167	0.0	0.0	52	0.0	0.0	720
Total	0.1	2.6	380	0.0	0.0	304	0.1	1.4	320	0.0	0.0	337	0.0	0.0	104	0.1	1.5	1445

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	15.4	28.3	185	22.0	26.0	156	54.7	61.5	162	53.9	60.6	170	37.8	43.4	52	36.2	49.8	725
Female	12.6	28.7	195	24.2	33.2	148	34.2	47.8	158	33.3	40.5	167	23.7	33.6	52	25.3	38.5	720
Total	13.9	28.5	380	23.1	29.7	304	44.5	56.0	320	43.6	52.6	337	30.8	39.3	104	30.8	44.9	1445

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	63.8	110.5	185	112.2	132.1	156	282.6	310.3	162	305.3	328.7	170	243.6	284.8	52	192.6	264.2	725
Female	55.6	118.7	195	127.4	171.8	148	178.9	231.6	158	186.0	236.4	167	140.9	198.7	52	133.8	200.0	720
Total	59.6	114.7	380	119.6	152.7	304	231.4	278.8	320	246.2	292.4	337	192.2	249.8	104	163.3	236.2	1445

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.05	0.08	185	0.07	0.08	156	0.16	0.18	162	0.16	0.18	170	0.11	0.13	52	0.11	0.15	725
Female	0.04	0.09	195	0.07	0.10	148	0.10	0.14	158	0.10	0.12	167	0.07	0.10	52	0.08	0.11	720
Total	0.04	0.08	380	0.07	0.09	304	0.13	0.17	320	0.13	0.16	337	0.09	0.12	104	0.09	0.13	1445

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.3	185	0.3	0.4	156	0.8	0.9	162	0.9	1.0	170	0.7	0.8	52	0.6	0.8	725
Female	0.2	0.4	195	0.4	0.5	148	0.5	0.7	158	0.6	0.7	167	0.4	0.6	52	0.4	0.6	720
Total	0.2	0.3	380	0.4	0.5	304	0.7	0.8	320	0.7	0.9	337	0.6	0.7	104	0.5	0.7	1445

Distribution of 4 categories of the job physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
1. 5METs	Male	184	99.5	154	98.7	143	88.3	102	60.0	29	55.8	612	84.4
	Female	194	99.5	144	97.3	155	97.5	143	85.6	41	77.4	677	93.8
	Total	378	99.5	298	98.0	298	92.8	245	72.7	70	66.7	1289	89.1
2. 5METs	Male	175	94.6	151	96.8	143	88.3	137	80.6	37	71.2	643	88.7
	Female	195	100.0	148	100.0	158	99.4	166	99.4	50	94.3	717	99.3
	Total	370	97.4	299	98.4	301	93.8	303	89.9	87	82.9	1360	94.0
4. 5METs	Male	64	34.6	44	28.2	55	34.0	45	26.5	14	26.9	222	30.6
	Female	148	75.9	114	77.0	121	76.1	113	67.7	26	49.1	522	72.3
	Total	212	55.8	158	52.0	176	54.8	158	46.9	40	38.1	744	51.4
7. 5METs	Male	14	7.6	19	12.2	12	7.4	3	1.8	1	1.9	49	6.8
	Female	9	4.6	9	6.1	4	2.5	1	0.6	0	0.0	23	3.2
	Total	23	6.1	28	9.2	16	5.0	4	1.2	1	1.0	72	5.0
Total	Male	185	100.0	156	100.0	162	100.0	170	100.0	52	100.0	725	100.0
	Female	195	100.0	148	100.0	159	100.0	167	100.0	53	100.0	722	100.0
	Total	380	100.0	304	100.0	321	100.0	337	100.0	105	100.0	1447	100.0