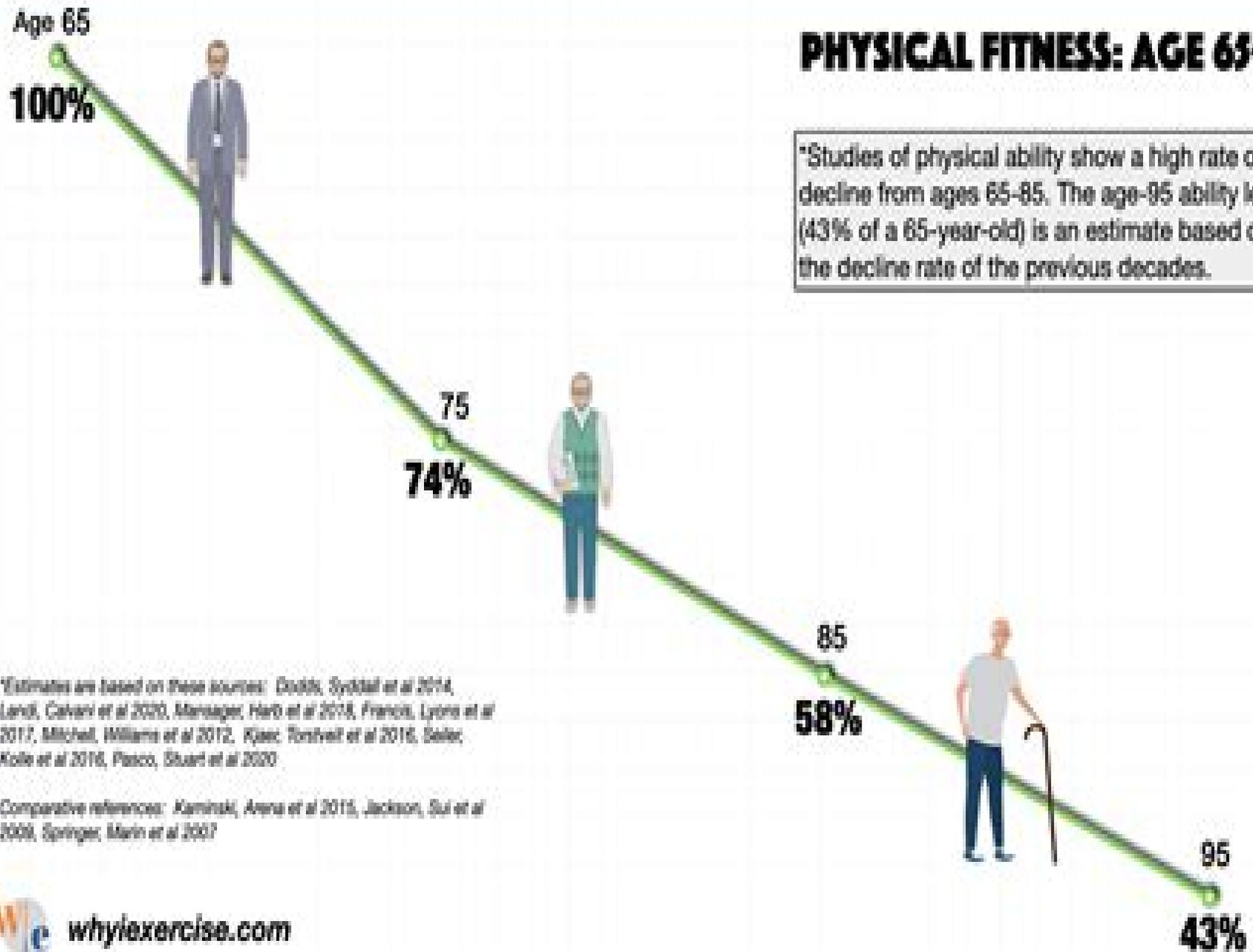


PHYSICAL FITNESS: AGE 65-95

*Studies of physical ability show a high rate of decline from ages 65-85. The age-95 ability level (43% of a 65-year-old) is an estimate based on the decline rate of the previous decades.



*Estimates are based on these sources: Davids, Syddal et al 2014, Lard, Calvani et al 2020, Messenger, Haro et al 2018, Francis, Lyons et al 2017, Mitchell, Williams et al 2012, Kjaer, Tonitveit et al 2016, Selzer, Kelle et al 2016, Pasco, Stuart et al 2020.

Comparative references: Kaminski, Arena et al 2015, Jackson, Sui et al 2009, Springer, Marin et al 2007

Exercise And Aging

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