

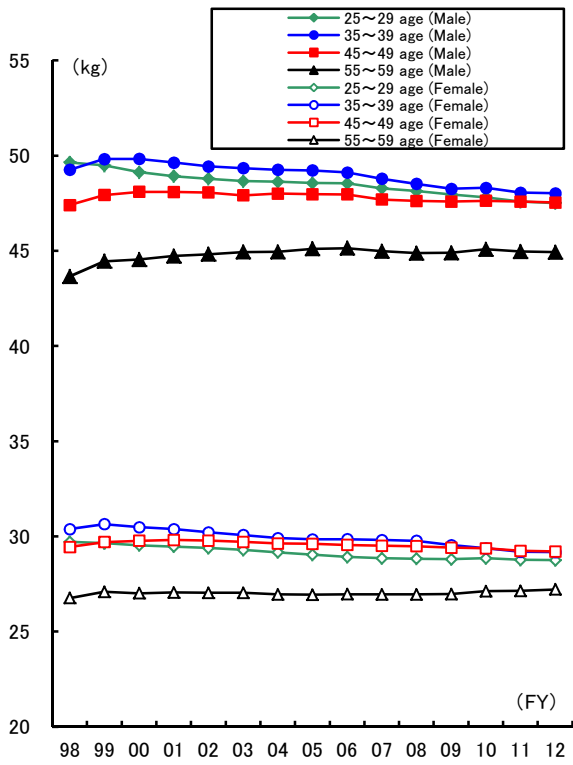
(2) Adults (20 to 64 years old) (Figures from 3-1 to 3-9)

For adults, items in which the annual changes are comparable over an extended period: grip strength, side step, and endurance walk are shown in figures from 3-1 to 3-4. Results of the items: sit-ups, sit and reach, 20 meter shuttle run, standing long jump and the total score are shown in figures from 3-5 to 3-9.

-Although the items: grip strength and endurance walk do not show a fixed trend over an extended period, side step show trends of improvement.

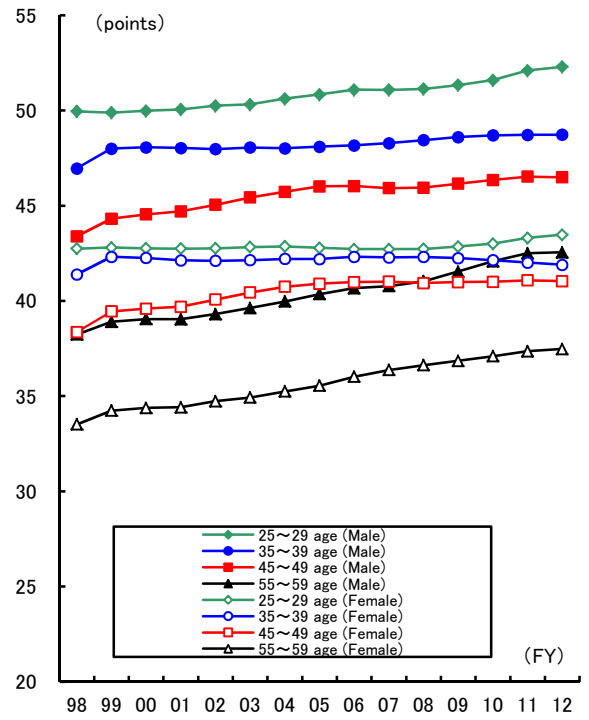
-Upon assessment of the last 15 years, men have improved in the 20 meter shuttle run, whereas women do not show a fixed trend. For endurance walk, no changes are found across all age groups. For the side step, there is a mild improvement, excluding women in their 30s. Sit-ups have increased across many age groups, whereas sit and reach show trends of a decline. Grip strength and standing long jump show a decline for people in their 20s to 30s, but show trends of improvement for people in their 50s to 60s.

-Over the last 15 years, the total score show a declining trend for men in their 30s and women in their 20s and 30s, but show a mild improvement for both men and women in their 50s and older.



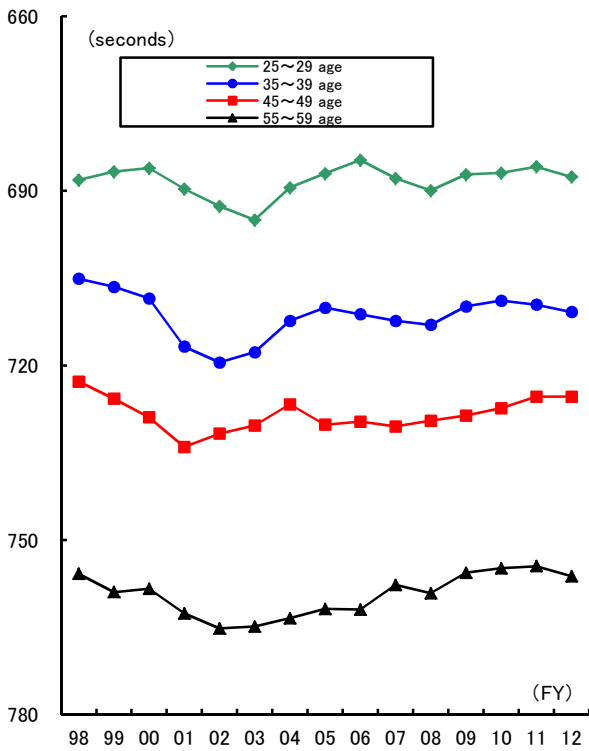
Figures 3-1 Trends in Grip Strength

(Note: This graph is equalized with three-point moving-average method.)



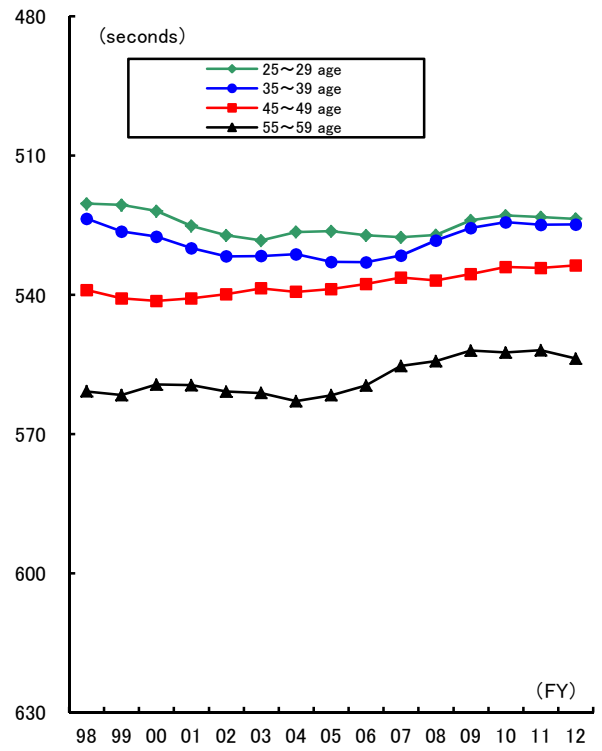
Figures 3-2 Trends in Side Step

(Note: same as (note) in Graph 3-1)



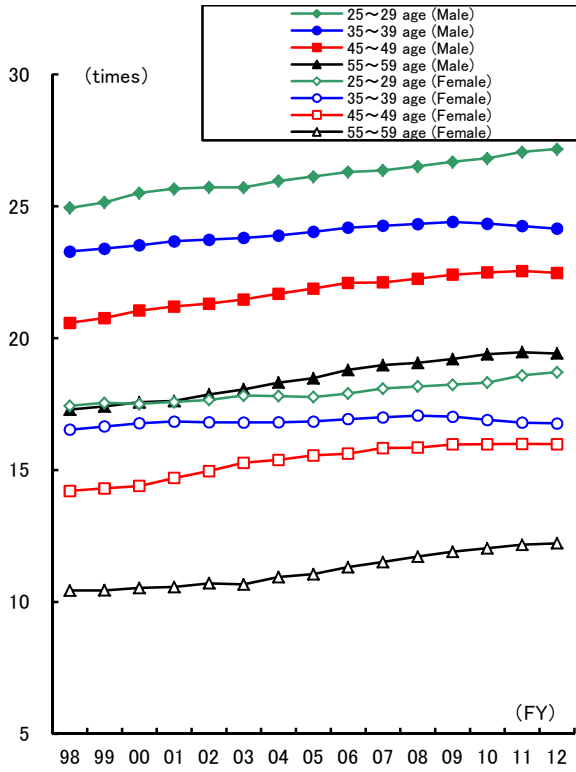
Figures 3-3 Trends in Endurance Walk (1500m Male)

(Note: same as (note) in Graph 3-1)



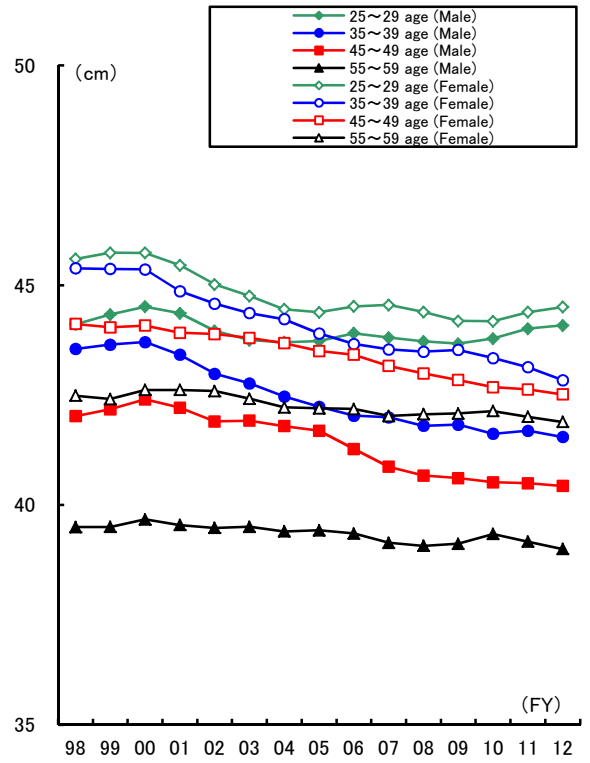
Figures 3-4 Trends in Endurance Walk (1000m Female)

(Note: same as (note) in Graph 3-1)



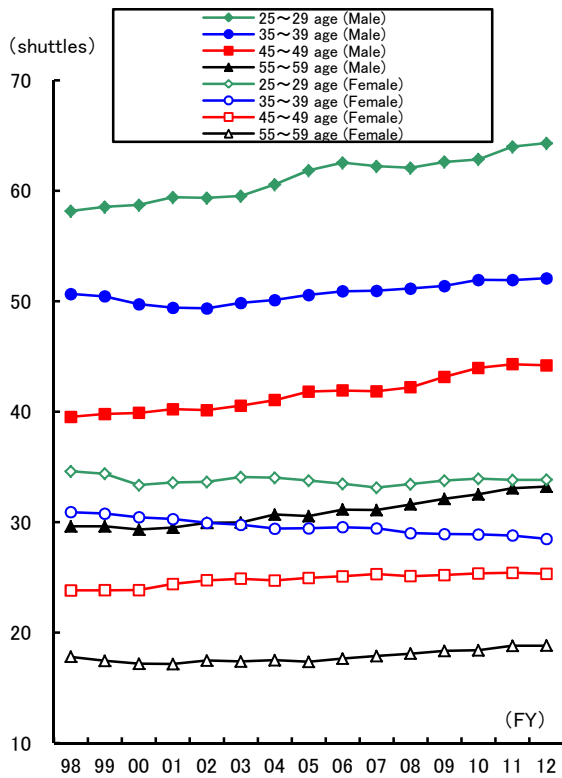
Figures 3-5 Trends in Sit-Ups

(Note: same as (note) in Graph 3-1)



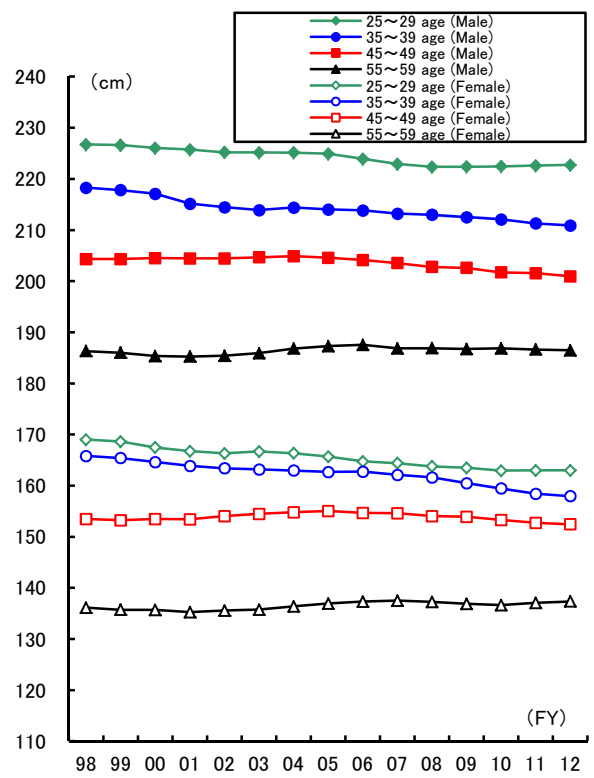
Figures 3-6 Trends in Sit And Reach

(Note: same as (note) in Graph 3-1)



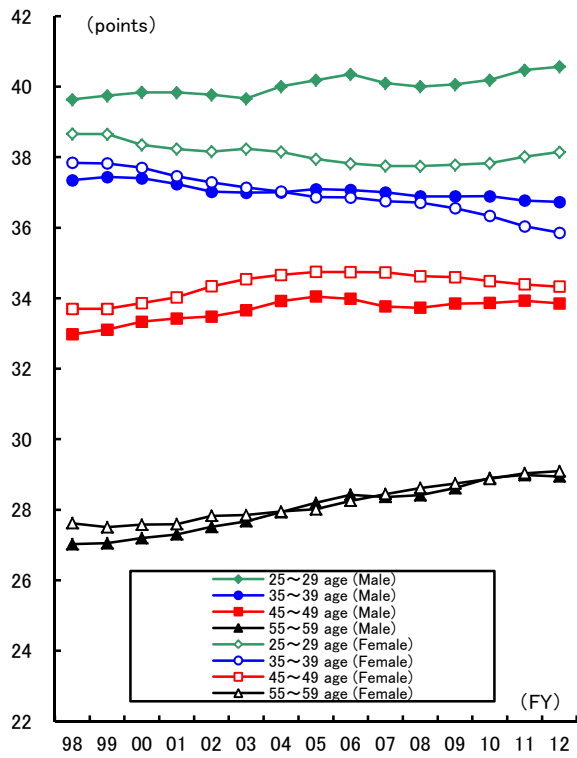
Figures 3-7 Trends in 20 Meter Shuttle Run

(Note: same as (note) in Graph 3-1)



Figures 3-8 Trends in Standing Long Jump

(Note: same as (note) in Graph 3-1)



Figures 3-9 Trends in Total Scores

- (Note) 1. This graph is equalized with three-point moving-average method.
 2. Total score based on the New Physical Strength Test item scoring chart.
 3. Scoring standards differ for men and women.