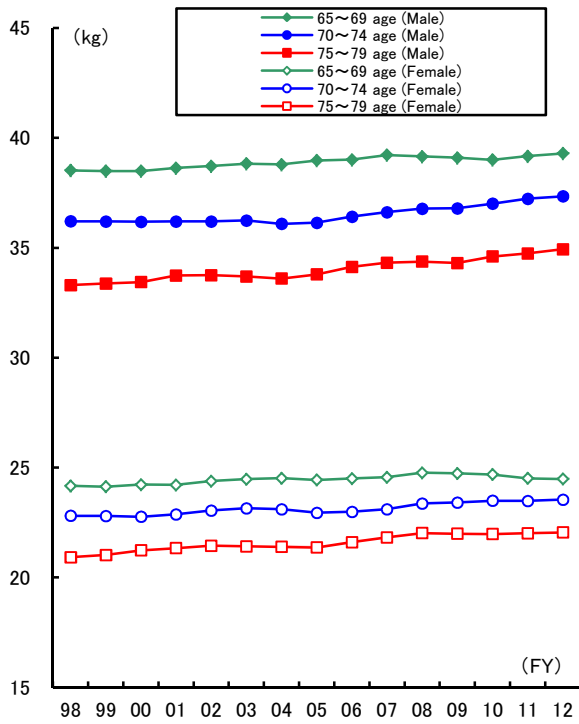


(3) Elderly (65 to 79 years old) (Figures from 4-1 to 4-7)

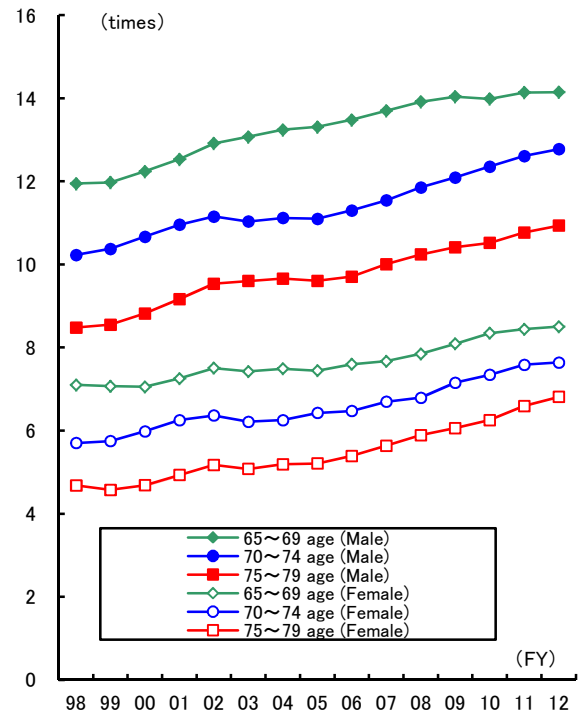
The annual changes in grip strength, sit-ups, sit and reach, standing test on one leg with eyes open, 10 meter obstacle walk, 6 minutes walk and the total score are shown in figures from 4-1 to 4-7.

Most of the items and total scores show trends of improvement.



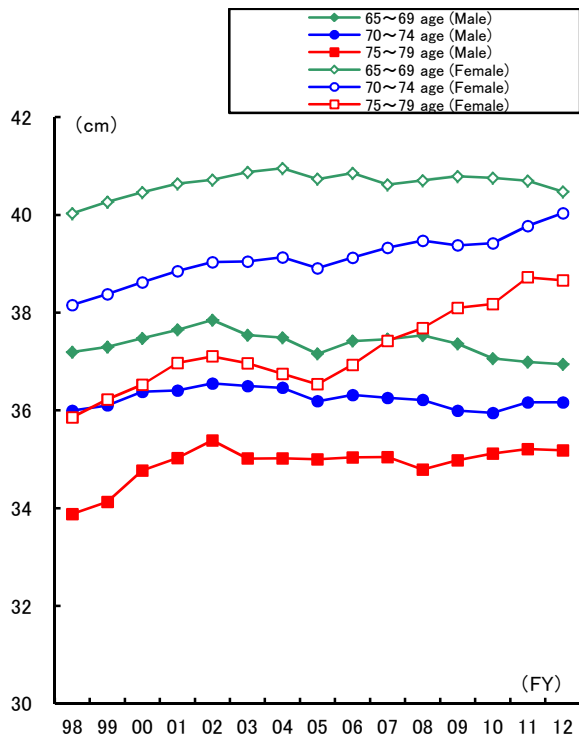
Figures 4-1 Trends in Grip Strength

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



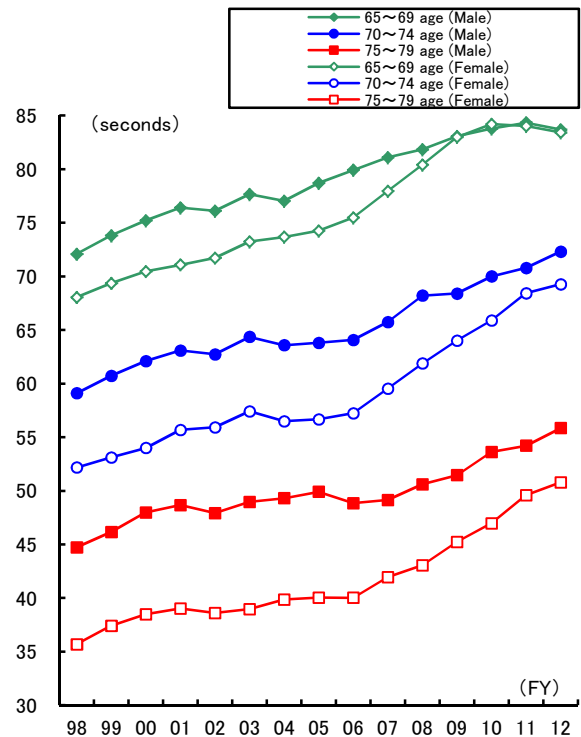
Figures 4-2 Trends in Sit-Ups

(Note: same as (note) in 4-1)



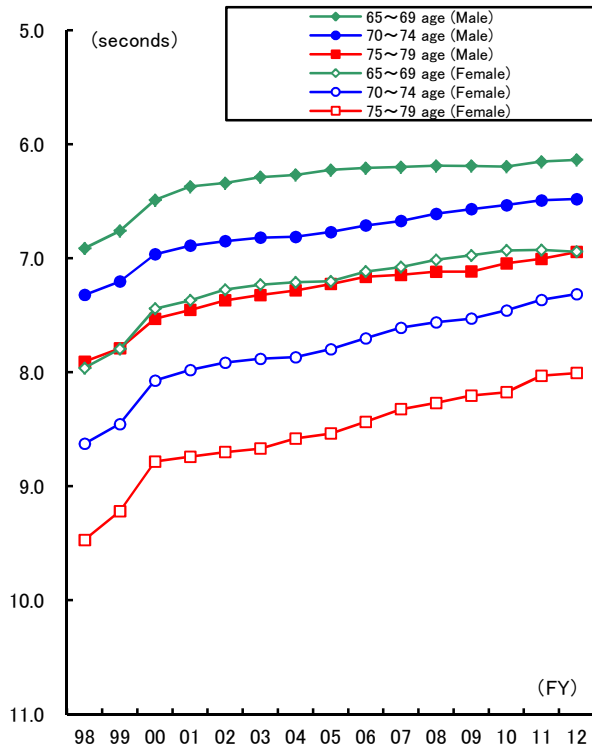
Figures 4-3 Trends in Sit And Reach

(Note: same as (note) in 4-1)



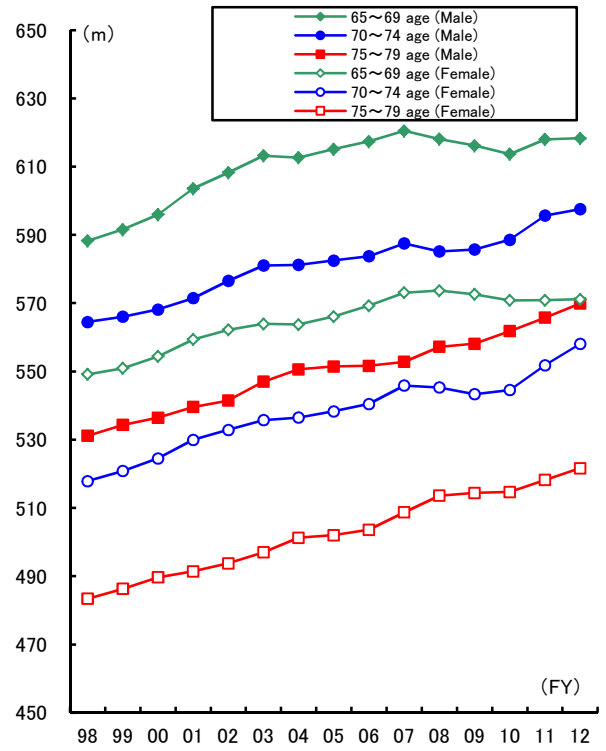
Figures 4-4 Trends in Standing Test on One Leg with Eyes Open

(Note: same as (note) in 4-1)



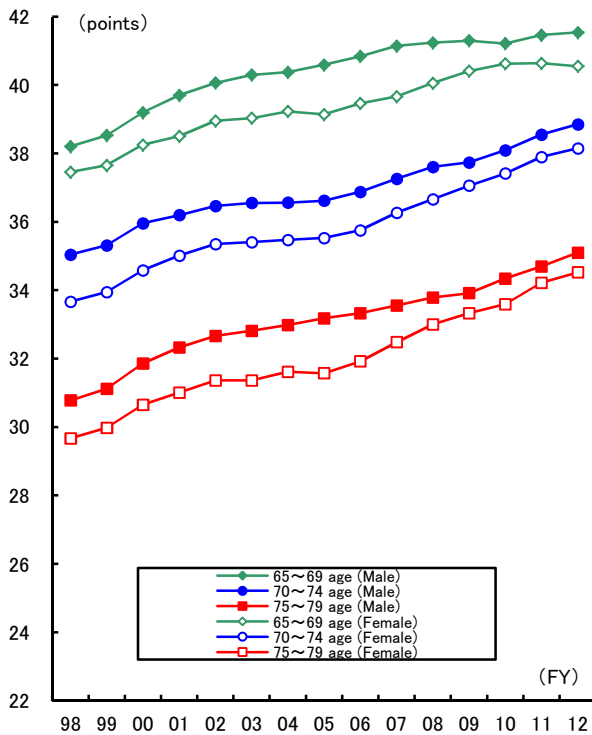
Figures 4-5 Trends in 10 Meter Obstacle Walk

(Note: same as (note) in 4-1)



Figures 4-6 Trends in 6 Minutes Walk

(Note: same as (note) in 4-1)



Figures 4-7 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.