

FIGURE 11-8 Longitudinal changes of weight, body composition, and waist circumference over the life span, estimated in 1167 participants in the Baltimore Longitudinal Study of Aging. Lean body mass (LBM) and fat mass were estimated with dual-energy x-ray absorptiometry. (Source: *The Baltimore Longitudinal study of Aging 2010*; unpublished data.)

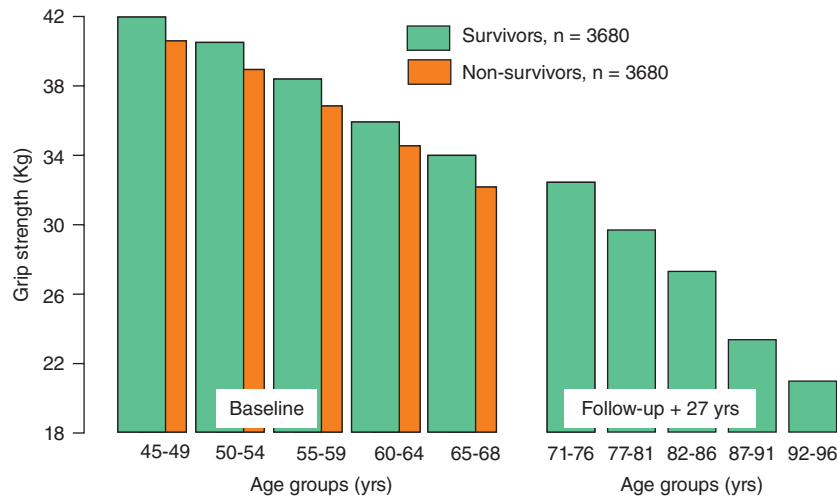


FIGURE 11-9 Cross-sectional differences and longitudinal changes in muscle strength over a 27-year follow-up. Note that persons who died during the follow-up had lower baseline muscle strength. (From T Rantanen et al: *J Appl Physiol* 85:2047, 1998.)

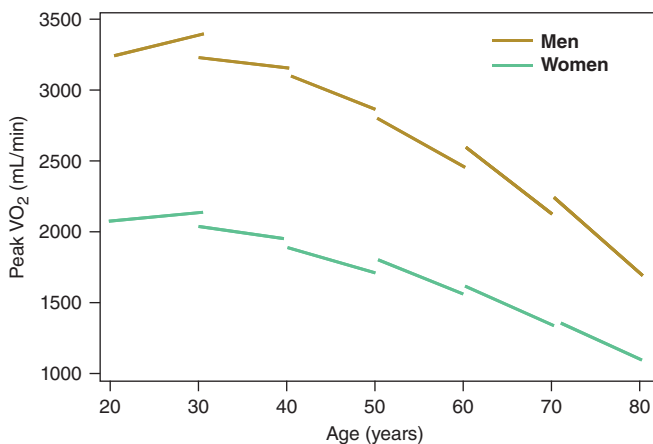


FIGURE 11-10 Longitudinal changes in aerobic capacity in participants in the Baltimore Longitudinal Study of Aging. (From JL Fleg: *Circulation* 112:674, 2005.)

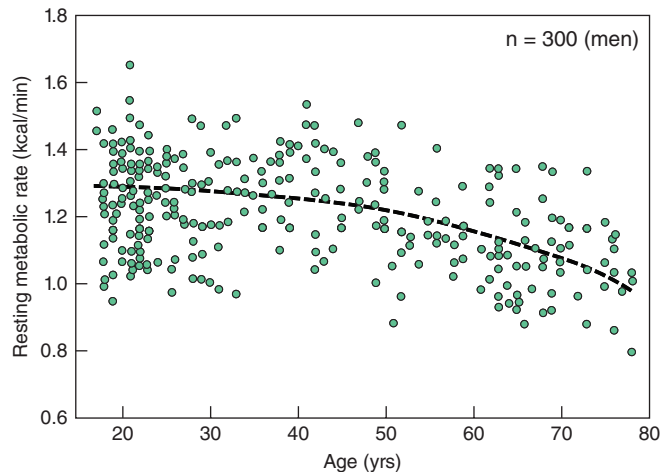


FIGURE 11-11 Changes in resting metabolic rate with aging. (Unpublished data from the Baltimore Longitudinal Study of Aging.)