

Table 1. *Continued*

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Year	Age	Sex	Height	Weight	BMI	Waist Circumference	Hip Circumference	Body Fat %	Visceral Fat	Skinfold Thickness	Density	Volume	Mass	Lean Mass	Fat Mass	Energy	Power	Speed	Agility	Balance	Coordination	Endurance	Strength	Flexibility	Muscle Quality	Cardiovascular Health	Metabolic Rate	Immune System	Stress Levels	Mental Health	Overall Health
2018	25	M	175	75	24.5	90	100	15	Low	10	1.06	1.75	75	60	15	2500	1500	10	5	10	10	10	10	10	10	10	10	10	10	10	
2019	26	M	178	80	25.2	95	105	16	Low	11	1.07	1.80	80	65	15	2600	1600	11	6	11	11	11	11	11	11	11	11	11	11	11	
2020	27	M	180	85	26.0	100	110	17	Low	12	1.08	1.85	85	70	15	2700	1700	12	7	12	12	12	12	12	12	12	12	12	12	12	
2021	28	M	182	90	26.8	105	115	18	Low	13	1.09	1.90	90	75	15	2800	1800	13	8	13	13	13	13	13	13	13	13	13	13	13	
2022	29	M	185	95	27.5	110	120	19	Low	14	1.10	1.95	95	80	15	2900	1900	14	9	14	14	14	14	14	14	14	14	14	14	14	
2023	30	M	188	100	28.2	115	125	20	Low	15	1.11	2.00	100	85	15	3000	2000	15	10	15	15	15	15	15	15	15	15	15	15	15	
2024	31	M	190	105	29.0	120	130	21	Low	16	1.12	2.05	105	90	15	3100	2100	16	11	16	16	16	16	16	16	16	16	16	16	16	
2025	32	M	192	110	29.8	125	135	22	Low	17	1.13	2.10	110	95	15	3200	2200	17	12	17	17	17	17	17	17	17	17	17	17	17	
2026	33	M	195	115	30.5	130	140	23	Low	18	1.14	2.15	115	100	15	3300	2300	18	13	18	18	18	18	18	18	18	18	18	18	18	
2027	34	M	198	120	31.2	135	145	24	Low	19	1.15	2.20	120	105	15	3400	2400	19	14	19	19	19	19	19	19	19	19	19	19	19	
2028	35	M	200	125	32.0	140	150	25	Low	20	1.16	2.25	125	110	15	3500	2500	20	15	20	20	20	20	20	20	20	20	20	20	20	
2029	36	M	202	130	32.8	145	155	26	Low	21	1.17	2.30	130	115	15	3600	2600	21	16	21	21	21	21	21	21	21	21	21	21	21	
2030	37	M	205	135	33.5	150	160	27	Low	22	1.18	2.35	135	120	15	3700	2700	22	17	22	22	22	22	22	22	22	22	22	22	22	
2031	38	M	208	140	34.2	155	165	28	Low	23	1.19	2.40	140	125	15	3800	2800	23	18	23	23	23	23	23	23	23	23	23	23	23	
2032	39	M	210	145	35.0	160	170	29	Low	24	1.20	2.45	145	130	15	3900	2900	24	19	24	24	24	24	24	24	24	24	24	24	24	
2033	40	M	212	150	35.8	165	175	30	Low	25	1.21	2.50	150	135	15	4000	3000	25	20	25	25	25	25	25	25	25	25	25	25	25	
2034	41	M	215	155	36.5																										

Variable	Baseline		1990-1991		1992-1993		1994-1995		1996-1997		1998-1999		2000-2001		2002-2003		2004-2005		2006-2007		2008-2009		2010-2011		2012-2013		2014-2015		2016-2017		2018-2019		2020-2021		2022-2023		2024-2025		2026-2027		2028-2029		2030-2031																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
Age	45.2	10.5	46.1	10.8	47.0	11.2	48.5	11.5	49.8	11.8	51.2	12.1	52.5	12.4	53.8	12.7	55.1	13.0	56.4	13.3	57.7	13.6	59.0	13.9	60.3	14.2	61.6	14.5	62.9	14.8	64.2	15.1	65.5	15.4	66.8	15.7	68.1	16.0	69.4	16.3	70.7	16.6	72.0	16.9	73.3	17.2	74.6	17.5	75.9	17.8	77.2	18.1	78.5	18.4	79.8	18.7	81.1	19.0	82.4	19.3	83.7	19.6	85.0	19.9	86.3	20.2	87.6	20.5	88.9	20.8	90.2	21.1	91.5	21.4	92.8	21.7	94.1	22.0	95.4	22.3	96.7	22.6	98.0	22.9	99.3	23.2	100.6	23.5	101.9	23.8	103.2	24.1	104.5	24.4	105.8	24.7	107.1	25.0	108.4	25.3	109.7	25.6	111.0	25.9	112.3	26.2	113.6	26.5	114.9	26.8	116.2	27.1	117.5	27.4	118.8	27.7	120.1	28.0	121.4	28.3	122.7	28.6	124.0	28.9	125.3	29.2	126.6	29.5	127.9	29.8	129.2	30.1	130.5	30.4	131.8	30.7	133.1	31.0	134.4	31.3	135.7	31.6	137.0	31.9	138.3	32.2	139.6	32.5	140.9	32.8	142.2	33.1	143.5	33.4	144.8	33.7	146.1	34.0	147.4	34.3	148.7	34.6	150.0	34.9	151.3	35.2	152.6	35.5	153.9	35.8	155.2	36.1	156.5	36.4	157.8	36.7	159.1	37.0	160.4	37.3	161.7	37.6	163.0	37.9	164.3	38.2	165.6	38.5	166.9	38.8	168.2	39.1	169.5	39.4	170.8	39.7	172.1	40.0	173.4	40.3	174.7	40.6	176.0	40.9	177.3	41.2	178.6	41.5	179.9	41.8	181.2	42.1	182.5	42.4	183.8	42.7	185.1	43.0	186.4	43.3	187.7	43.6	189.0	43.9	190.3	44.2	191.6	44.5	192.9	44.8	194.2	45.1	195.5	45.4	196.8	45.7	198.1	46.0	199.4	46.3	200.7	46.6	202.0	46.9	203.3	47.2	204.6	47.5	205.9	47.8	207.2	48.1	208.5	48.4	209.8	48.7	211.1	49.0	212.4	49.3	213.7	49.6	215.0	49.9	216.3	50.2	217.6	50.5	218.9	50.8	220.2	51.1	221.5	51.4	222.8	51.7	224.1	52.0	225.4	52.3	226.7	52.6	228.0	52.9	229.3	53.2	230.6	53.5	231.9	53.8	233.2	54.1	234.5	54.4	235.8	54.7	237.1	55.0	238.4	55.3	239.7	55.6	241.0	55.9	242.3	56.2	243.6	56.5	244.9	56.8	246.2	57.1	247.5	57.4	248.8	57.7	250.1	58.0	251.4	58.3	252.7	58.6	254.0	58.9	255.3	59.2	256.6	59.5	257.9	59.8	259.2	60.1	260.5	60.4	261.8	60.7	263.1	61.0	264.4	61.3	265.7	61.6	267.0	61.9	268.3	62.2	269.6	62.5	270.9	62.8	272.2	63.1	273.5	63.4	274.8	63.7	276.1	64.0	277.4	64.3	278.7	64.6	280.0	64.9	281.3	65.2	282.6	65.5	283.9	65.8	285.2	66.1	286.5	66.4	287.8	66.7	289.1	67.0	290.4	67.3	291.7	67.6	293.0	67.9	294.3	68.2	295.6	68.5	296.9	68.8	298.2	69.1	299.5	69.4	300.8	69.7	302.1	70.0	303.4	70.3	304.7	70.6	306.0	70.9	307.3	71.2	308.6	71.5	309.9	71.8	311.2	72.1	312.5	72.4	313.8	72.7	315.1	73.0	316.4	73.3	317.7	73.6	319.0	73.9	320.3	74.2	321.6	74.5	322.9	74.8	324.2	75.1	325.5	75.4	326.8	75.7	328.1	76.0	329.4	76.3	330.7	76.6	332.0	76.9	333.3	77.2	334.6	77.5	335.9	77.8	337.2	78.1	338.5	78.4	339.8	78.7	341.1	79.0	342.4	79.3	343.7	79.6	345.0	79.9	346.3	80.2	347.6	80.5	348.9	80.8	350.2	81.1	351.5	81.4	352.8	81.7	354.1	82.0	355.4	82.3	356.7	82.6	358.0	82.9	359.3	83.2	360.6	83.5	361.9	83.8	363.2	84.1	364.5	84.4	365.8	84.7	367.1	85.0	368.4	85.3	369.7	85.6	371.0	85.9	372.3	86.2	373.6	86.5	374.9	86.8	376.2	87.1	377.5	87.4	378.8	87.7	380.1	88.0	381.4	88.3	382.7	88.6	384.0	88.9	385.3	89.2	386.6	89.5	387.9	89.8	389.2	90.1	390.5	90.4	391.8	90.7	393.1	91.0	394.4	91.3	395.7	91.6	397.0	91.9	398.3	92.2	399.6	92.5	400.9	92.8	402.2	93.1	403.5	93.4	404.8	93.7	406.1	94.0	407.4	94.3	408.7	94.6	410.0	94.9	411.3	95.2	412.6	95.5	413.9	95.8	415.2	96.1	416.5	96.4	417.8	96.7	419.1	97.0	420.4	97.3	421.7	97.6	423.0	97.9	424.3	98.2	425.6	98.5	426.9	98.8	428.2	99.1	429.5	99.4	430.8	99.7	432.1	100.0	433.4	100.3	434.7	100.6	436.0	100.9	437.3	101.2	438.6	101.5	439.9	101.8	441.2	102.1	442.5	102.4	443.8	102.7	445.1	103.0	446.4	103.3	447.7	103.6	449.0	103.9	450.3	104.2	451.6	104.5	452.9	104.8	454.2	105.1	455.5	105.4	456.8	105.7	458.1	106.0	459.4	106.3	460.7	106.6	462.0	106.9	463.3	107.2	464.6	107.5	465.9	107.8	467.2	108.1	468.5	108.4	469.8	108.7	471.1	109.0	472.4	109.3	473.7	109.6	475.0	109.9	476.3	110.2	477.6	110.5	478.9	110.8	480.2	111.1	481.5	111.4	482.8	111.7	484.1	112.0	485.4	112.3	486.7	112.6	488.0	112.9	489.3	113.2	490.6	113.5	491.9	113.8	493.2	114.1	494.5	114.4	495.8	114.7	497.1	115.0	498.4	115.3	499.7	115.6	501.0	115.9	502.3	116.2	503.6	116.5	504.9	116.8	506.2	117.1	507.5	117.4	508.8	117.7	510.1	118.0	511.4	118.3	512.7	118.6	514.0	118.9	515.3	119.2	516.6	119.5	517.9	119.8	519.2	120.1	520.5	120.4	521.8	120.7	523.1	121.0	524.4	121.3	525.7	121.6	527.0	121.9	528.3	122.2	529.6	122.5	530.9	122.8	532.2	123.1	533.5	123.4	534.8	123.7	536.1	124.0	537.4	124.3	538.7	124.6	540.0	124.9	541.3	125.2	542.6	125.5	543.9	125.8	545.2	126.1	546.5	126.4	547.8	126.7	549.1	127.0	550.4	127.3	551.7	127.6	553.0	127.9	554.3	128.2	555.6	128.5	556.9	128.8	558.2	129.1	559.5	129.4	560.8	129.7	562.1	130.0	563.4	130.3	564.7	130.6	566.0	130.9	567.3	131.2	568.6	131.5	569.9	131.8	571.2	132.1	572.5	132.4	573.8	132.7	575.1	133.0	576.4	133.3	577.7	133.6	579.0	133.9	580.3	134.2	581.6	134.5	582.9	134.8	584.2	135.1	585.5	135.4	586.8	135.7	588.1	136.0	589.4	136.3	590.7	136.6	592.0	136.9	593.3	137.2	594.6	137.5	595.9	137.8	597.2	138.1	598.5	138.4	599.8	138.7	601.1	139.0	602.4	139.3	603.7	139.6	605.0	139.9	606.3	140.2	607.6	140.5	608.9	140.8	610.2	141.1	611.5	141.4	612.8	141.7	614.1	142.0	615.4	142.3	616.7	142.6	618.0	142.9	619.3	143.2	620.6	143.5	621.9	143.8	623.2	144.1	624.5	144.4	625.8	144.7	627.1	145.0	628.4	145.3	629.7	145.6	631.0	145.9	632.3	146.2	633.6	146.5	634.9	146.8	636.2	147.1	637.5	147.4	638.8	147.7	640.1	148.0	641.4	148.3	642.7	148.6	644.0	148.9	645.3	149.2	646.6	149.5	647.9	149.8	649.2	150.1	650.5	150.4	651.8	150.7	653.1	151.0	654.4	151.3	655.7	151.6	657.0	151.9	658.3	152.2	659.6	152.5	660.9	152.8	662.2	153.1	663.5	153.4	664.8	153.7	666.1	154.0	667.4	154.3	668.7	154.6	670.0	154.9	671.3	155.2	672.6	155.5	673.9	155.8	675.2	156.1	676.5	156.4	677.8	156.7	679.1	157.0	680.4	157.3	681.7	157.6	683.0	157.9	684.3	158.2	685.6	158.5	686.9	158.8	688.2	159.1	689.5	159.4	690.8	159.7	692.1	160.0	693.4	160.3	694.7	160.6	696.0	160.9	697.3	161.2	698.6	161.5	699.9	161.8	701.2	162.1	702.5	162.4	703.8	162.7	705.1	163.0	706.4	163.3	707.7	163.6	709.0	163.9	710.3	164.2	711.6	164.5	712.9	164.8	714.2	165.1	715.5	165.4	716.8	165.7	718.1	166.0	719.4	166.3	720.7	166.6	722.0	166.9	723.3	167.2	724.6	167.5	725.9	167.8	727.2	168.1	728.5	168.4	729.8	168.7	731.1	169.0	732.4	169.3	733.7	169.6	735.0	169.9	736.3	170.2	737.6	170.5	738.9	170.8	740.2	171.1	741.5	171.4	742.8	171.7	744.1	172.0	745.4	172.3	746.7	172.6	748.0	172.9	749.3	173.2	750.6	173.5	751.9	173.8	753.2	174.1	754.5	174.4	755.8	174.7	757.1	175.0	758.4	175.3	759.7	175.6	761.0	175.9	762.3	176.2	763.6	176.5	764.9	176.8	766.2	177.1	767.5	177.4	768.8	177.7	770.1	178.0	771.4	178.3	772.7	178.6	774.0	178.9	775.3	179.2	776.6	179.5	777.9	179.8	779.2	180.1	780.5	180.4	781.8	180.7	783.1	181.0	784.4	181.3	785.7	181.6	787.0	181.9	788.3	182.2	789.6	182.5	790.9	182.8	792.2	183.1	793.5	183.4	794.8	183.7	796.1	184.0	797.4	184.3	798.7	184.6	800.0	184.9	801.3	185.2	802.6	185.5	803.9	185.8	805.2	186.1	806.5	186.4	807.8	186.7	809.1	187.0	810.4	187.3	811.7	187.6	813.0	187.9	814.3	188.2	815.6	188.5	816.9	188.8	818.2	189.1	819.5	189.4	820.8	189.7	822.1	190.0	823.4	190.3	824.7	190.6	826.0	190.9	827.3	191.

1998	1999	2000	2001
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