

Figure 3
Portrait of typical 45-year-old male and female, 1981 and 2007-2009

MALE

1981	BODY COMPOSITION	2007-2009
173.0 cm (5'8")	Height	175.3 cm (5'9")
77.4 kg (171 pounds)	Weight	86.6 kg (191 pounds)*
25.7 kg/m ² - overweight	Body mass index	27.9 kg/m ² * - overweight
90.6 cm (35.7") - low risk	Waist circumference	97.0 cm (38.2")* - increased risk
99.0 cm (39.0")	Hip circumference	102.7 cm (40.4")*
0.91	Waist-to-hip ratio	0.95*
FITNESS TESTS		
104 kg - very good	Grip strength	94 kg* - good
23.1 cm - fair	Sit-and-reach	26.7 cm* - good
--	Predicted maximal aerobic power (VO ₂ max)	39.2 ml•(kg•min) ⁻¹ - good

FEMALE

1981	BODY COMPOSITION	2007-2009
161.5 cm (5'4")	Height	162.3 cm (5'4")
63.2 kg (139 pounds)	Weight	68.4 kg (151 pounds)*
24.1 kg/m ² - normal weight	Body mass index	25.8 kg/m ² * - overweight
76.3 cm (30.0") - low risk	Waist circumference	83.4 cm (32.8")* - increased risk
98.5 cm (38.8")	Hip circumference	102.5 cm (40.4")*
0.77	Waist-to-hip ratio	0.81*
FITNESS TESTS		
62 kg - very good	Grip strength	56 kg* - good
30.2 cm - good	Sit-and-reach	31.5 cm - good
--	Predicted maximal aerobic power (VO ₂ max)	32.8 ml•(kg•min) ⁻¹ - good

* significantly different from estimate for 1981 (p<0.05)

Note: To make estimates more comparable, Canadian Health Measures Survey estimates for flexibility and muscular strength exclude respondents screened out of aerobic fitness test (see *Methods*).

Source: Shields M, Tremblay MS, Laviolette M, et al. Fitness of Canadian adults: Results from the 2007-2009 Canadian Health Measures Survey. *Health Reports* (Statistics Canada, Catalogue 82-003) 2010; 21(1).