Table 13
Distribution of the household population by musculoskeletal fitness norms, by age and sex, Canada, 2009 to 2011

	Musculoskeletal fitness norms								
	Needs Improvement			Fair			Good		
	Estimate	Confidence Interval		Estimate	Confidence Interval		Estimate	Confidence Interval	
		From	To		From	To		From	To
	Percent								
Both sexes									
Age 15 to 19	13.4	10.9	16.2	41.5	35.1	48.2	32.2	26.4	38.5
Age 20 to 39	14.7	10.8	19.7	31.2	27.3	35.4	34.8	29.7	40.3
Age 40 to 59	15.6 E	10.6	22.3	25.4	21.3	30.0	34.4	29.4	39.7
Age 60 to 69	19.7 E	13.5	27.8	32.1	27.2	37.4	29.1	25.0	33.7
Age 15 to 69	**15.7**	**12.7**	**19.2**	**29.9**	**26.9**	**33.1**	**33.6**	**30.4**	**36.8**
Males									
Age 15 to 19	8.8 E	5.6	13.7	48.3	41.1	55.6	32.3	25.2	40.3
Age 20 to 39	9.0 E	4.8	16.1	30.0	25.3	35.3	36.0	28.5	44.2
Age 40 to 59	12.2 E	6.4	22.1	22.8	16.8	30.1	34.4	28.3	41.1
Age 60 to 69	21.2 E	14.5	29.8	34.3	27.3	42.1	29.3	23.4	36.1
Age 15 to 69	**12.0**	**8.4**	**16.9**	**29.4**	**26.3**	**32.7**	**34.1**	**29.8**	**38.7**
Females									
Age 15 to 19	18.2	13.8	23.6	34.3	24.5	45.6	32.0	23.6	41.7
Age 20 to 39	20.5	16.1	25.8	32.4	26.6	38.9	33.6	28.0	39.6
Age 40 to 59	18.9 E	12.6	27.3	27.9	23.3	32.9	34.3	27.0	42.5
Age 60 to 69	18.3 E	11.8	27.1	30.0	24.7	35.8	28.9	22.2	36.7
Age 15 to 69	**19.3**	**15.8**	**23.4**	**30.4**	**26.8**	**34.2**	**33.0**	**28.2**	**38.3**

	Musculoskeletal fitness norms					
	Very good			Excellent		
	Estimate	Confidence Interval		Estimate	Confidence Interval	
		From	To		From	To
	Percent					
Both sexes						
Age 15 to 19	11.3	8.0	15.7	1.7 E	1.0	2.9
Age 20 to 39	16.7	12.6	21.9	2.5 E	1.3	4.9
Age 40 to 59	19.4	15.5	23.9	5.3 E	3.7	7.6
Age 60 to 69	16.5	13.3	20.4	F	.	.
Age 15 to 69	**17.3**	**14.6**	**20.4**	**3.6**	**2.5**	**5.1**
Males						
Age 15 to 19	8.2 E	4.5	14.4	X	.	.
Age 20 to 39	22.3	15.5	31.0	2.7 E	1.5	4.9
Age 40 to 59	22.1	17.2	28.0	8.5 E	5.2	13.5
Age 60 to 69	11.3 E	7.7	16.2	F	.	.
Age 15 to 69	**19.4**	**15.6**	**23.9**	**5.1** E	**3.4**	**7.6**
Females						
Age 15 to 19	14.5 E	8.9	22.8	X	.	.
Age 20 to 39	11.1 E	7.6	15.9	F	.	.
Age 40 to 59	16.7 E	11.5	23.6	F	.	.
Age 60 to 69	21.6	16.7	27.5	X	.	.
Age 15 to 69	**15.2**	**12.5**	**18.3**	**F**	**.**	**.**

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, *The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA)*, 3rd edition, Ottawa. Total household population aged 15 to 69, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 2*).

Source(s): Canadian Health Measures Survey, Cycle 2.