

Table. Effects of Aging on Various Physiological and Health Related Variables.

| Variable | Change |
|---|-----------|
| Resting heart rate | Unchanged |
| Maximum heart rate | Lower |
| Maximum cardiac output | Lower |
| Resting and exercise blood pressure | Higher |
| Absolute and relative maximum oxygen uptake reserve ($\dot{V}O_{2R_{max}}$ $L \cdot \text{min}^{-1}$ and $\text{mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$) | Lower |
| Residual volume | Higher |
| Vital capacity | Lower |
| Reaction time | Slower |
| Muscular strength | Lower |
| Flexibility | Lower |
| Bone mass | Lower |
| Fat-free body mass | Lower |
| % Body fat | Higher |
| Glucose tolerance | Lower |
| Recovery time | Lower |