



# MAINTAINING YOUR STRENGTH AS AN ADULT



# WHAT CAUSED US TO LOOK INTO THIS?

**VALD RECENTLY PUBLISHED NORMATIVE REPORTS ACCESSIBLE TO CLIENTS AND WE CAME TO AN INTRIGUING THOUGHT.**

**VALD**

**IF SOMEONE FOUND THEMSELVES IN THE 50TH  
PERCENTILE AS AN ADULT AND MAINTAINED  
THAT STRENGTH, WHERE WOULD THEY BE IN  
THEIR LATTER (SENIOR) YEARS?**

# DEFINITIONS ACCORDING TO THE VALD REPORT



## **ADULT**

20 - 50 years old



## **SENIOR**

Greater than 50 years old



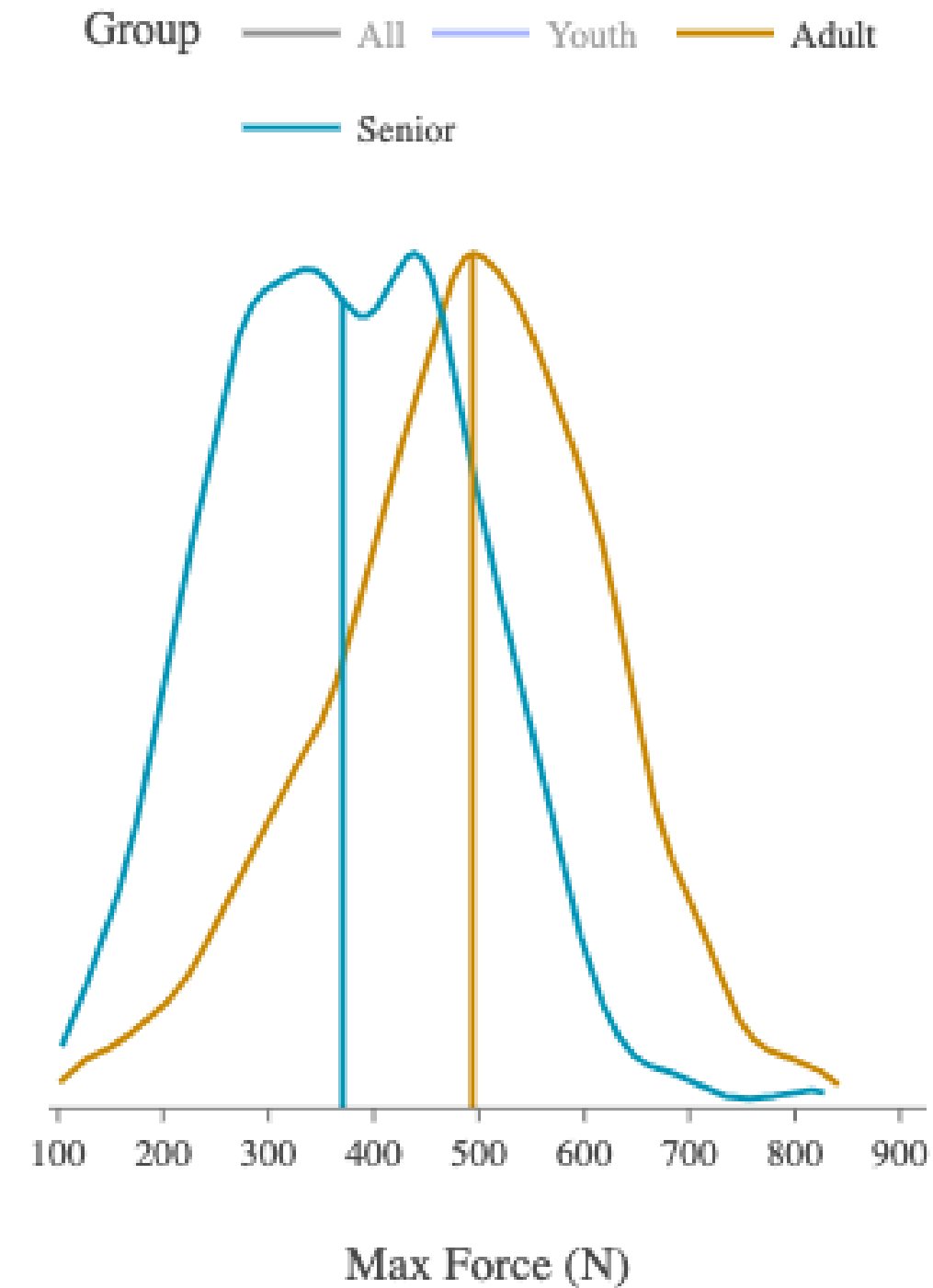
## **EXERCISE SELECTION**

Each of the movement selected are single joint exercise movements, thus eliminating the idea that previous experience or expertise may play a role in altering the measurement.

# OUR METHODS FOR ANALYSIS

Utilizing VALDs interactive report we are easily able to distinguish where a specific measurement lands someone when comparing them to others within their cohort but also across others as well.

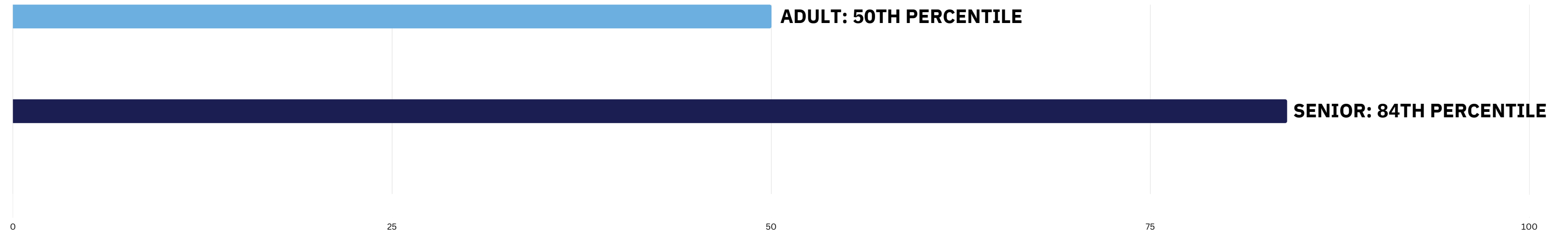
Again, our goal is to understand, if one scores within the 50th percentile (average) as an adult, and they maintain that strength, how much better off would they be as a senior?



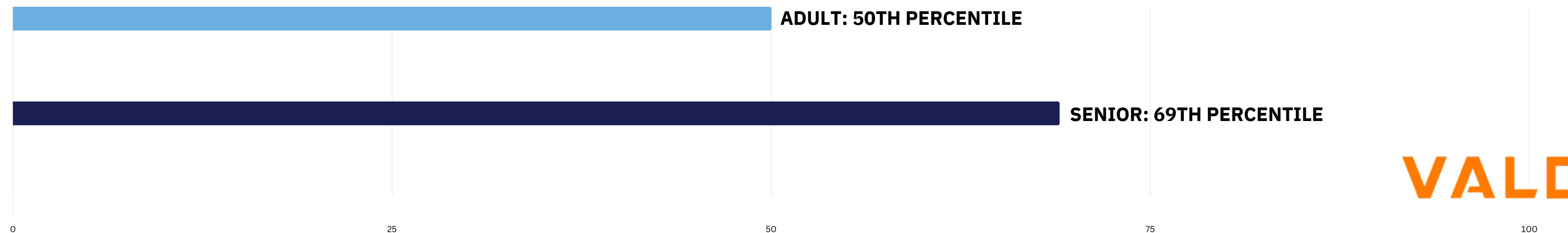
# FEMALE - GRIP SQUEEZE

The charts show the percentile rankings if one maintains their strength as an adult. As an adult they are within the 50th percentile, but where does that place them if we fast forward to senior years?

## MAX FORCE



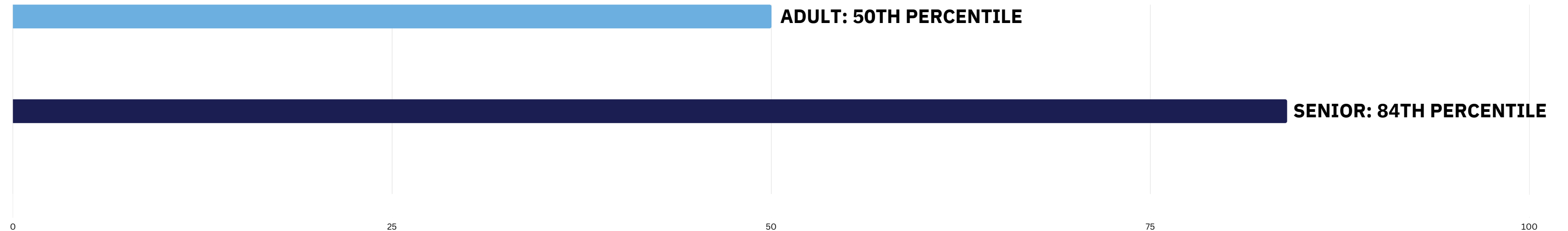
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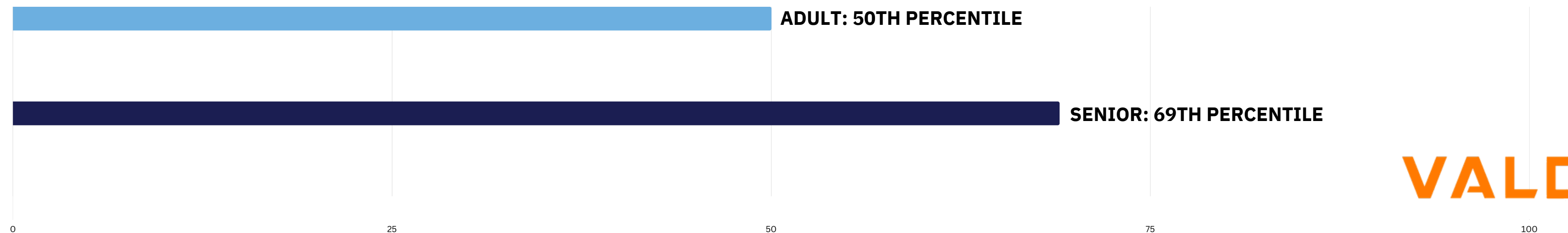
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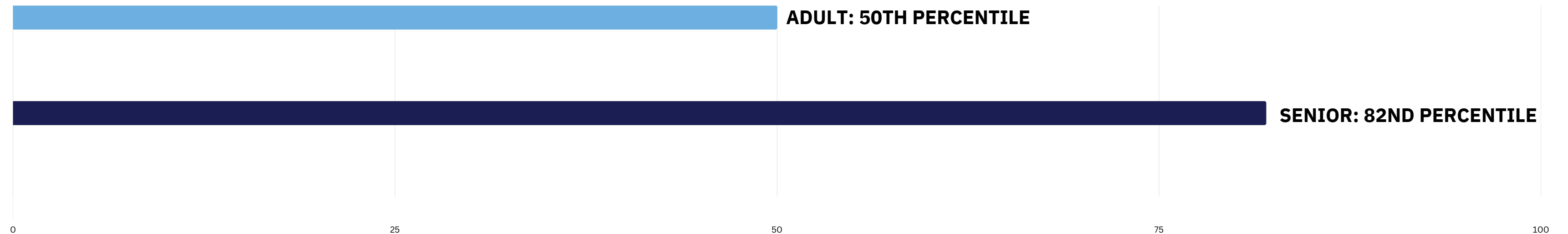
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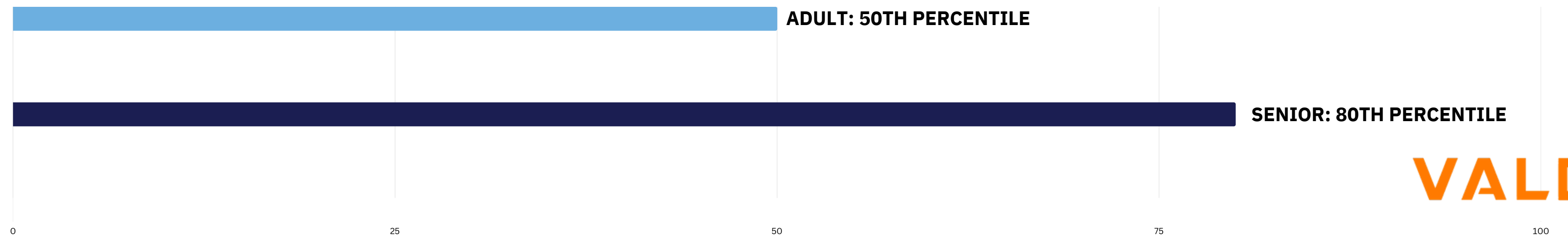
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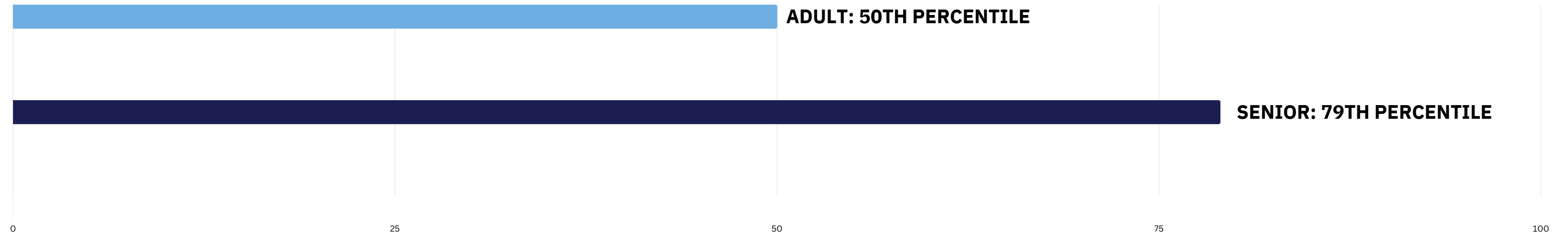




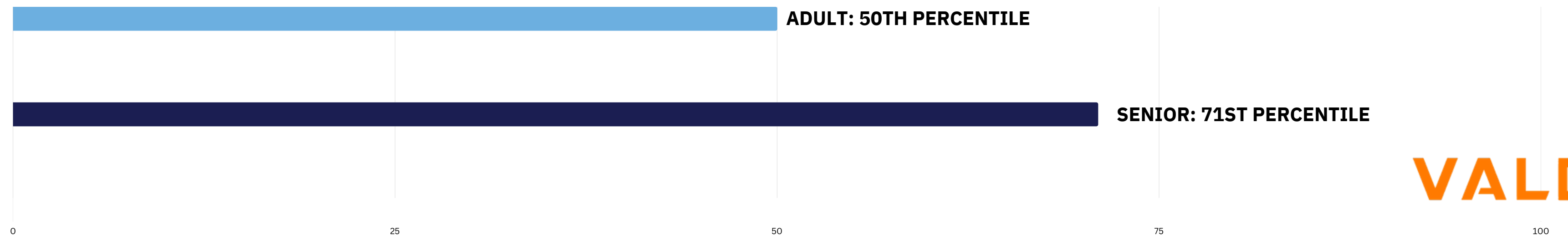
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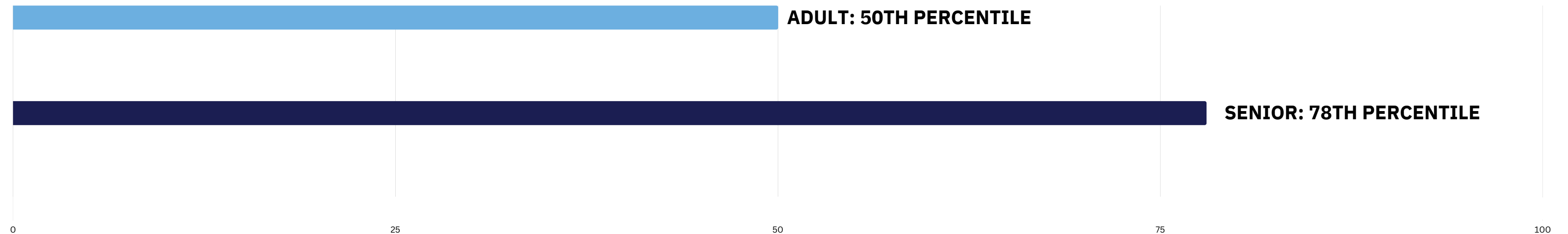
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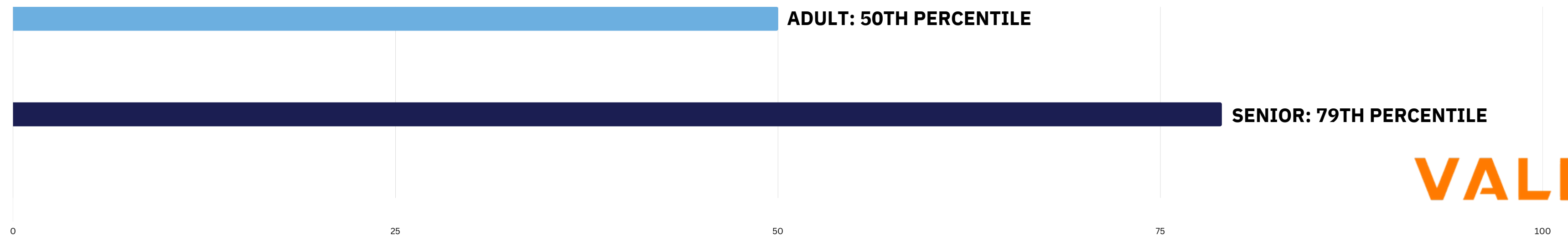
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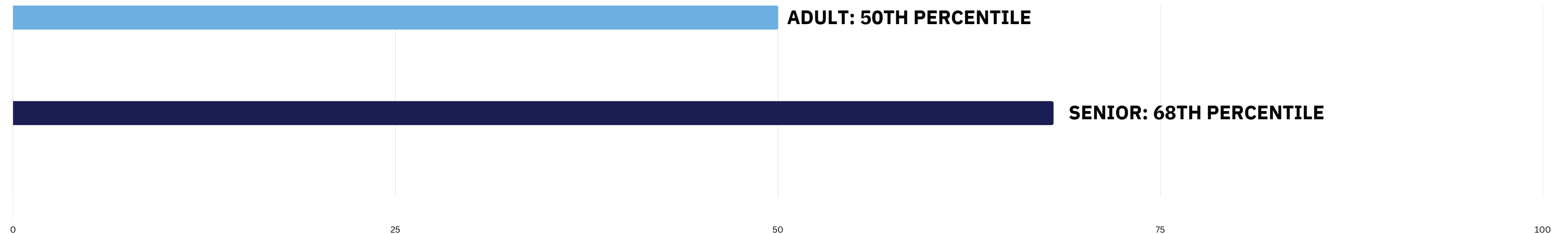
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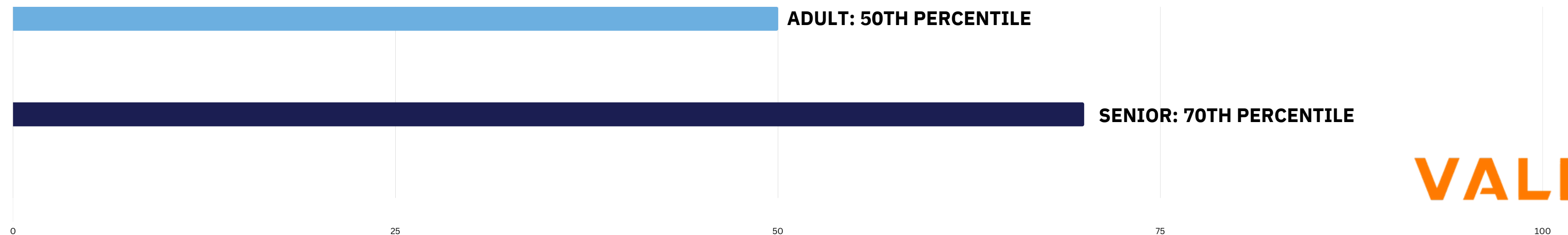
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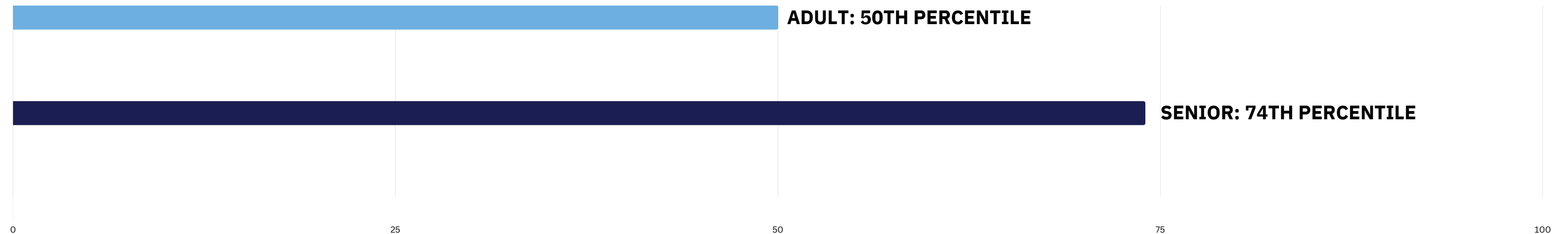
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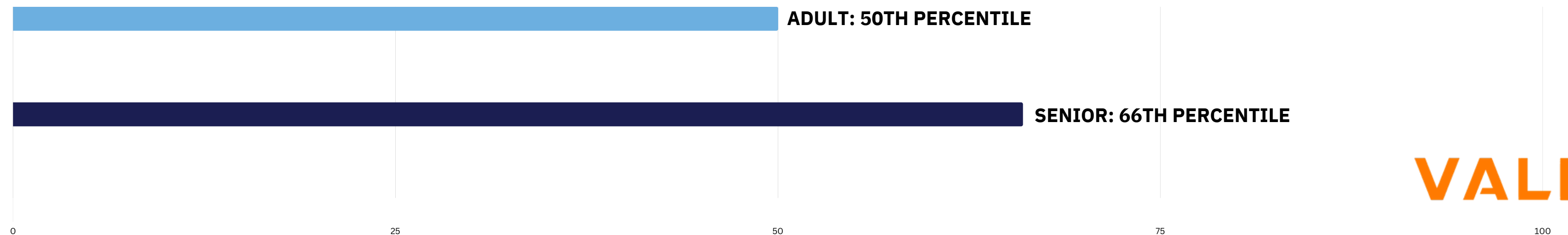
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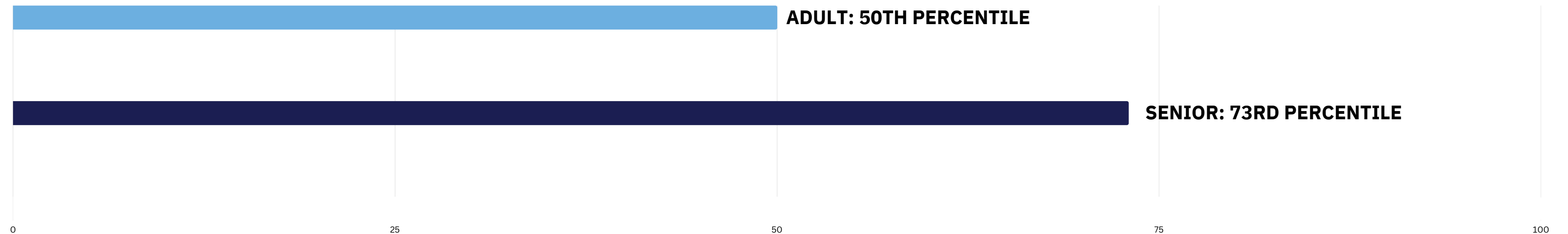
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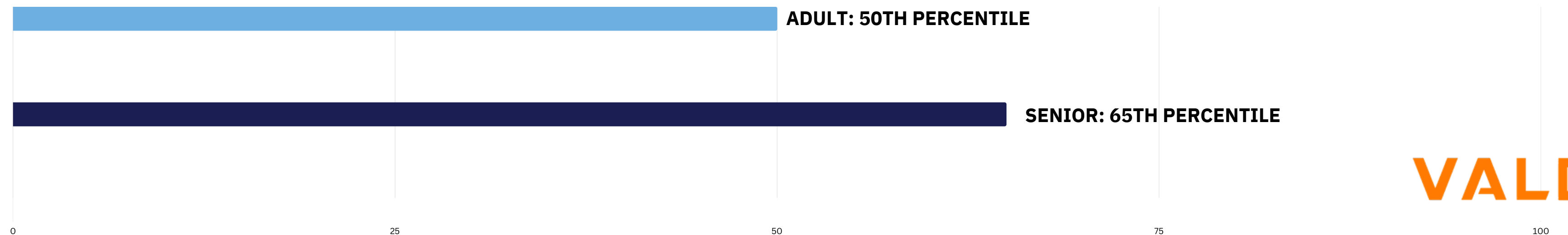
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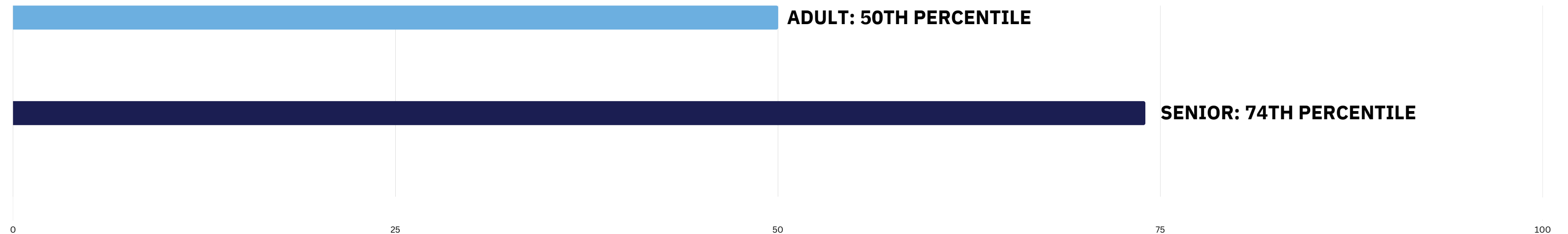
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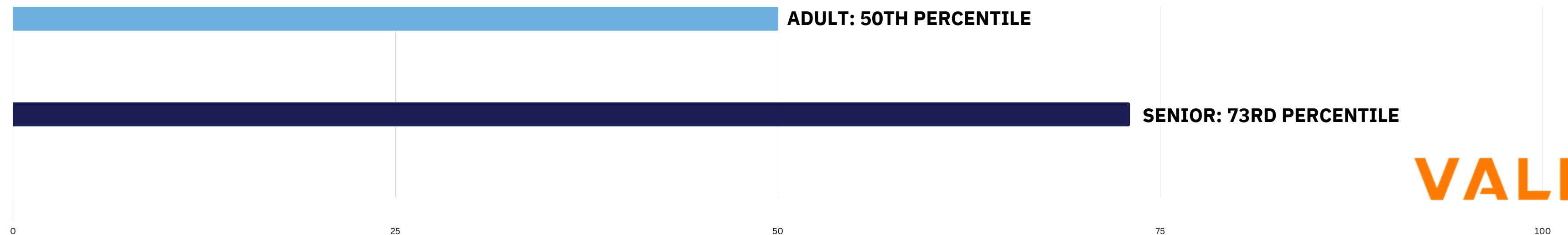
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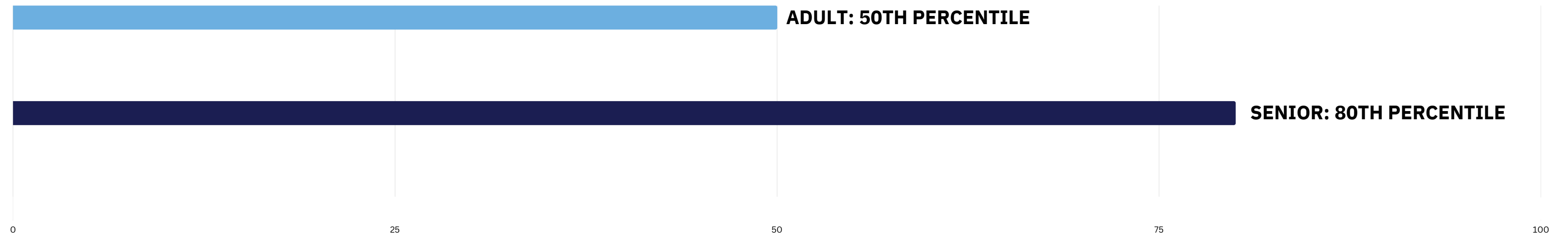
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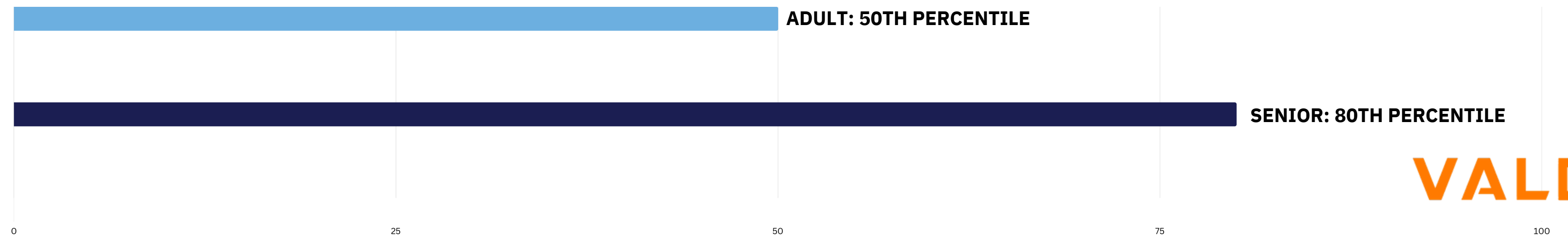
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## RATE OF FORCE DEVELOPMENT



# CONCLUSIONS

- **MAINTENANCE IS KEY**

Just being within the 50th percentile as an adult aged 20 to 50 and maintaining said strength, provides significant benefit in older years.

- **ONE DOES NOT NEED TO BE IN THE 99TH PERCENTILE TO BENEFIT**

There is common thought that one must be a supreme athlete as an adult to see benefit in older years. This comparative data provides unique insight discounting that thought. One must simply be within the 50th percentile to see benefit. However, that strength must be maintained, which over time may become more challenging as one ages.



# CONCERNS

## ● DATA MAY BE SKEWED

The measurements are taken from clients of respected organization who, whether covered under insurance or not, are seeking improvement. Therefore one might make the assumption they are more motivated than the average individual. With that said, we may be viewing data that represents a motivated, healthier bunch opposed to the entire cohort.

## ● DEFINING SENIOR

The senior population in this data is considered anyone over the age of 50. In the United States a senior is anyone over the age of 65, therefore the individuals younger than 65 may alter the data to accurately represent our definition.