Table I - *Anthropometrics parameters of study participants*

Parameters	General			Males			Females		
	Mean ± SD	95% IC	CV	Mean ± SD	95% IC	CV	Mean ± SD	95% IC	CV
Body mass (kg)	70.95 ± 10.51	68.55-73.35	14.81%	75.19 ± 1.69*	71.74 - 78.64	12.73%	67.87 ± 1.53	64.78 - 70.97	14.99%
Height (m)	1.642 ± 0.09	1.62-1.66	5.64%	1.696 ± 0.01*	1.66 - 1.72	5.00%	1.602 ± 0.011	1.57 - 1.62	4.80%
BMI (kg/m^2)	26.49 ± 4.55	25.45-27.53	17.20%	26.27 ± 0.68	24.86 - 27.67	14.84%	26.65 ± 0.75	25.13 - 28.18	18.83%
WC (cm)	93.05 ± 9.37	90.91-95.2	10.08%	93.5 ± 1.82	89.77 - 97.23	11.05%	92.73 ± 1.31	90.07 - 95.38	9.41%
HC (cm)	93.74 ± 8.65	91.76-95.72	9.24%	92.25 ± 1.94	88.28 - 96.22	11.95%	94.82 ± 0.95	92.89 - 96.75	6.70%
WHR	0.99 ± 0.05	0.98-1.00	5.21%	1.015 ± 0.01*	0.99 - 1.03	4.64%	0.97± 0.01	0.96 - 0.99	5.10%

Values expressed as mean ± standard deviation (SD), 95% CI (confidence interval) and CV (coefficient of variation). BMI (body mass index), (WC) waist circumference, HC (hip circumference), WHR (WC/HC ratio). *p <0.05 vs females

Table II - *Functional fitness parameters of elderly people*

Parameters	General			Males			Females		
	Mean ± SD	95% IC	CV	Mean ± SD	95% IC	CV	Mean ± SD	95% IC	CV
GDLAM									
W10m (sec)	9.06 ± 4.34	8.07 - 10.06	47.92 %	8.25 ± 0.68	6.85 - 9.64	46.91 %	9.66 ± 0.69	8.26 - 11.07	47.74 %
RSP (sec)	10.51 ± 4.44	9.49 - 11.53	42.30 %	9.23 ± 0.46*	8.27 - 10.19	28.73 %	11.44 ± 0.78	9.85 - 13.03	45.67 %
RPP (sec)	6.21 ± 4.13	5.26 - 7.15	66.55 %	5.44 ± 0.80	3.79 - 7.08	84.00 %	6.77 ± 0.56	5.63 - 7.91	55.22 %
GUCMH (sec)	35.09 ± 11.01	32.57 - 37.6	31.39 %	30.83 ± 0.86*	29.07 - 32.59	15.83 %	38.18 ± 1.97	34.2 - 42.16	34.27 %
Functional score									
GDLAM index	28.27 ± 8.73	26.28 - 30.27	30.89 %	25.56 ± 5.68*	23.51 - 27.61	22.23 %	30.24 ± 10.01	27.2 - 33.29	33.11 %
Katz index	3.07 ± 1.65	2.70 - 3.45	53.77 %	3.25 ± 1.50*	2. 70 - 3.79	46.24 %	2.95 ± 1.76	2.41 - 3.49	59.73 %
GDLAM classification									
Weak	37.24 ± 6.63	34.72 - 39.76	17.82 %	31.92 ± 3.66	29.29 - 34.54	11.49 %	40.04 ± 6.14	37.08 - 43.00	15.34 %
Regular	27.36 ± 0.99	26.78 - 27.93	3.63 %	27.78 ± 0.72	26.87 - 28.68	2.62 %	27.13 ± 1.08	26.29 - 27.96	3.99 %
Good	23.63 ± 1.05	23 - 24.27	4.45 %	23.77 ± 0.88	22.95 - 24.58	3.72 %	23.48 ± 1.29	22.12 - 24.83	5.50 %
Very good	18.92 ± 2.14	17.92 - 19.92	11.33 %	19.35 ± 1.99	17.92 - 20.77	10.28 %	18.5 ± 2.31	16.84 - 20.15	12.50 %
Katz classification									
Very dependent	1.48 ± 0.50	1.30 - 1.66	34.18 %	1.54 ± 0.52	1.19 - 1.89	33.79 %	1.45 ± 0.50	1.22 - 1.68	35.04 %
Moderate dependence	3.53 ± 0.50	3.33 - 3.74	14.37 %	3.57 ± 0.51	3.27 - 3.86	14.38 %	3.50 ± 0.52	3.16 - 3.83	14.92 %
Independent	5.47 ± 0.51	5.20 - 5.73	9.40 %	5.28 ± 0.48	4.83 - 5.73	9.23 %	5.60 ± 0.51	5.23 - 5.96	9.22 %

Values expressed as mean ± standard deviation (SD), IC (confidence interval) and CV (coefficient of variation). W10m (10 meters walk), RSP (standing up from seated position), RPP (getting up from the prone position), GUCMH (get up from the chair and move around the house). p <0.05 vs females