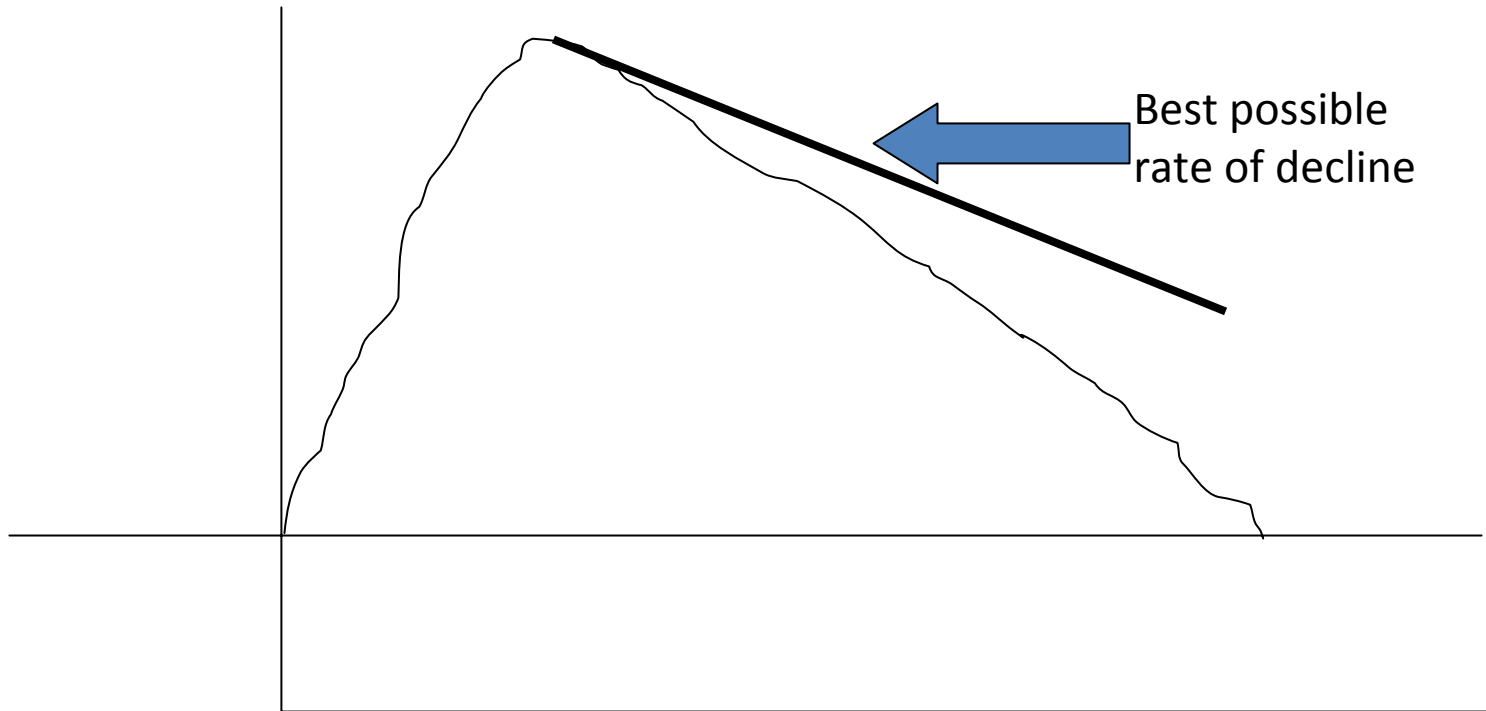




Life consists of only 2 phases

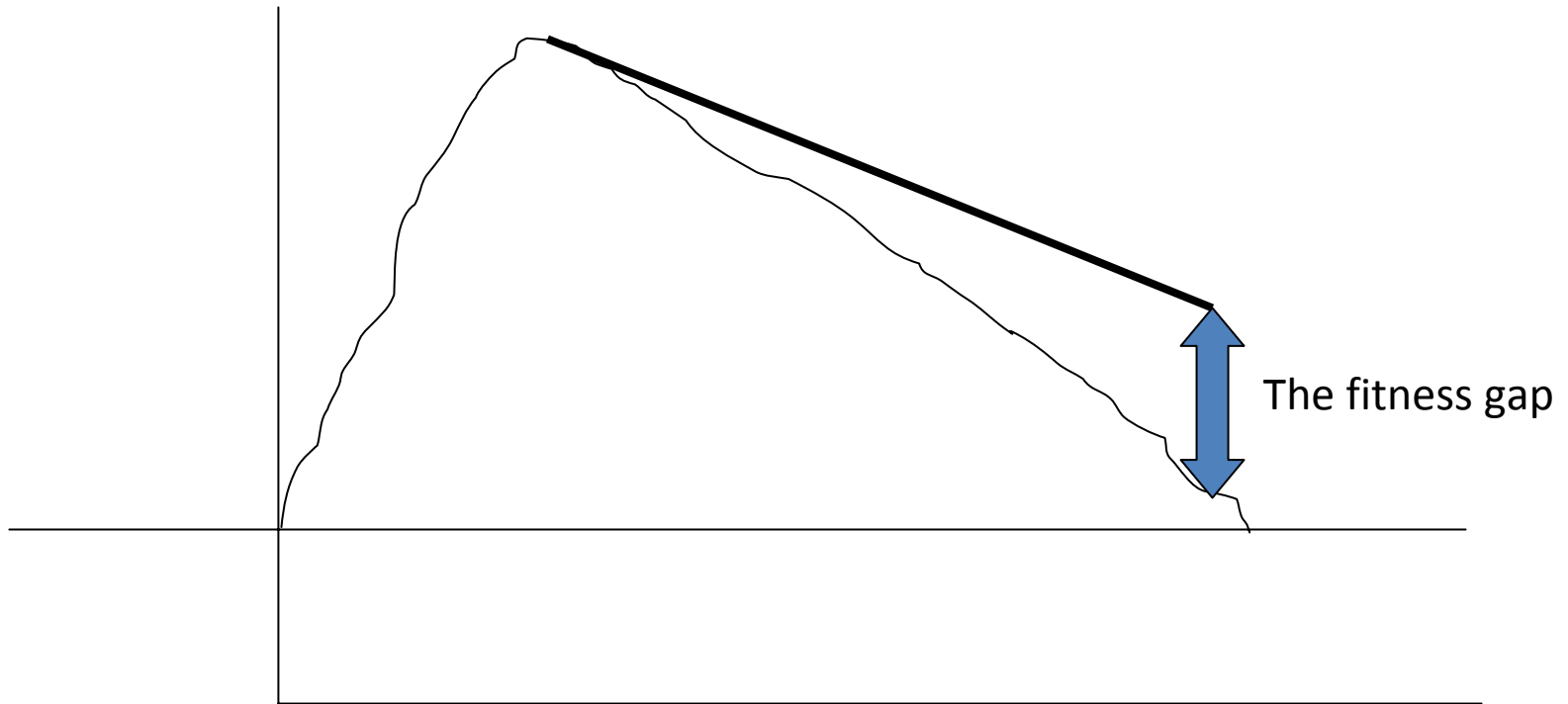
- growth and development and
- decline





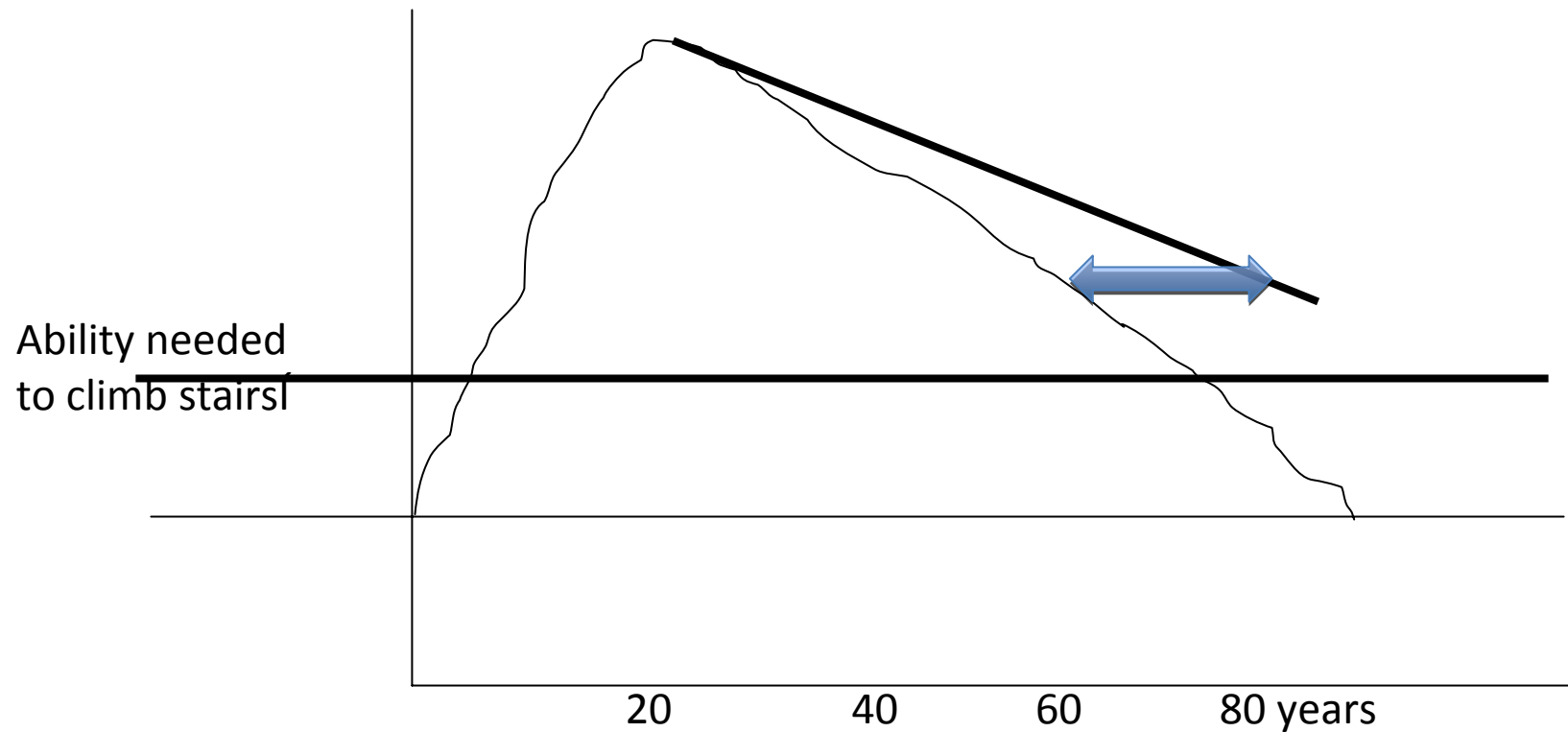
The actual rate of decline is almost always faster than the best possible rate of decline





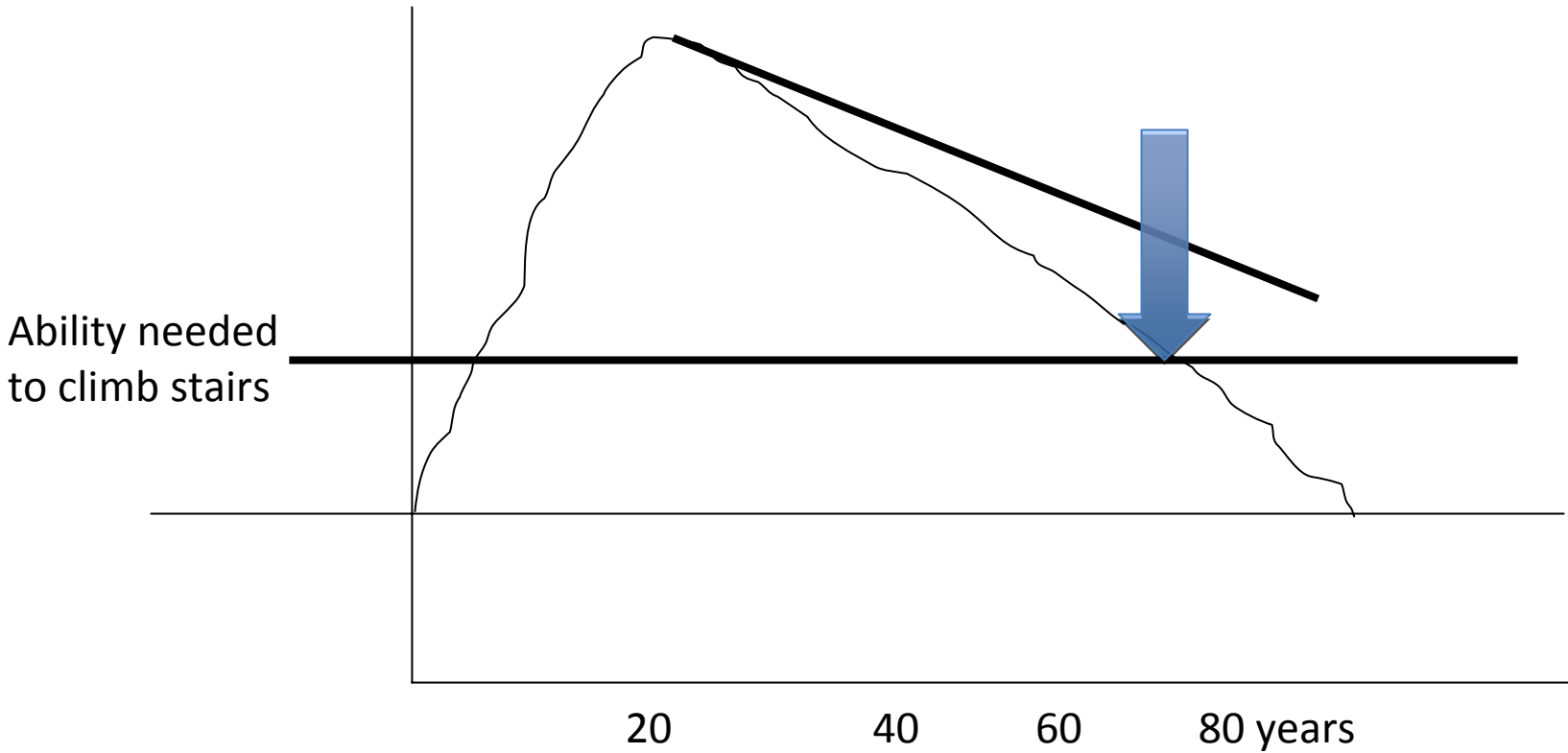
A fitness gap opens up between how able a person is and how able they could be





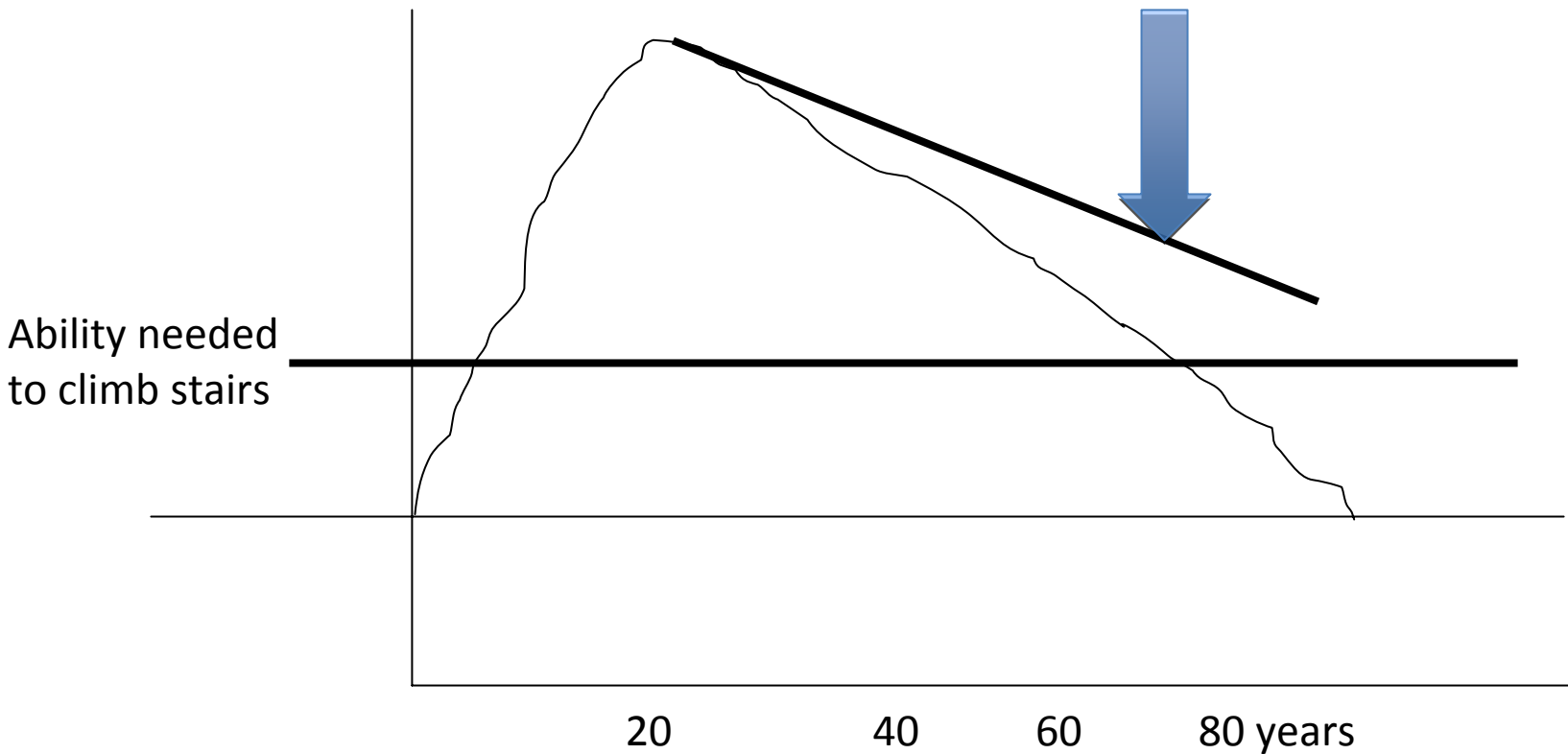
After sixty the fitness gap may equal 20 years of chronological age





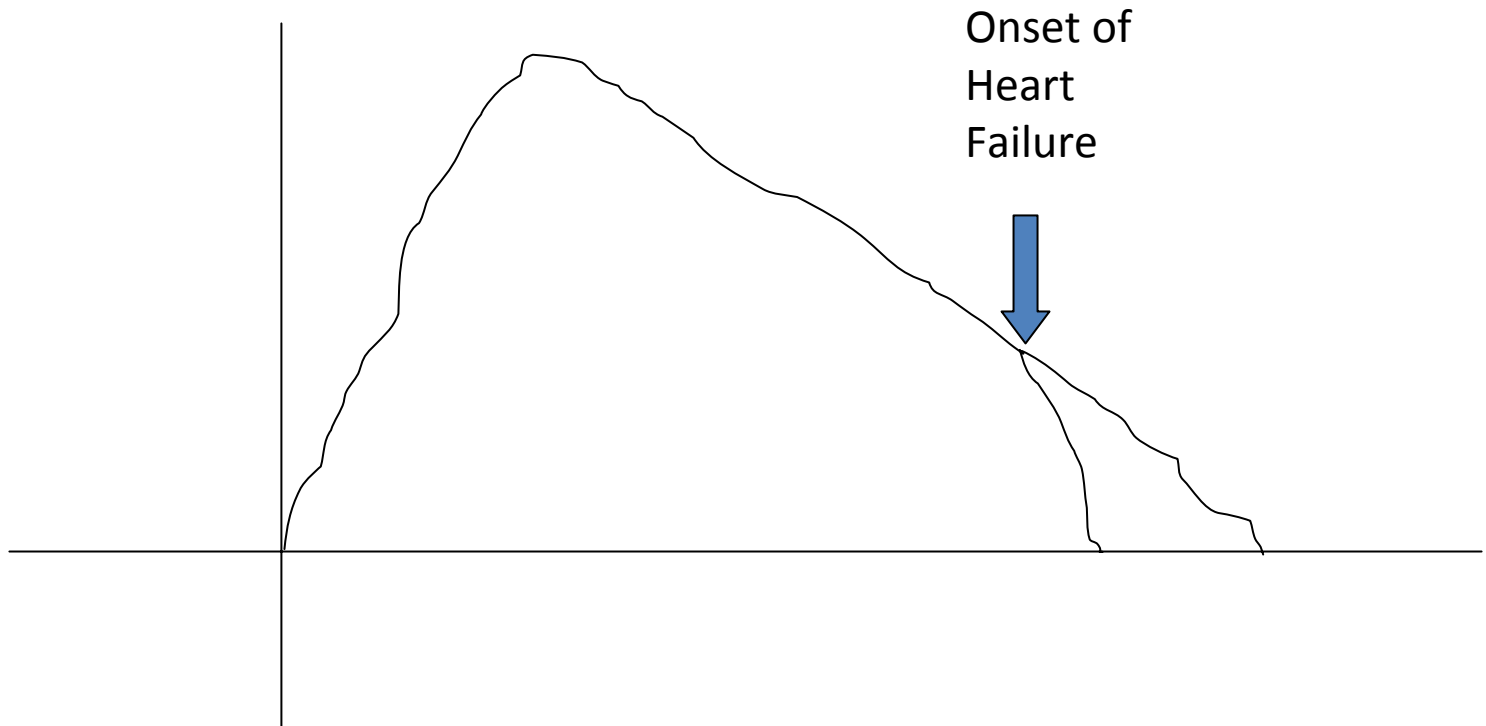
This person loses the ability to climb a flight of stairs at 76, simply by increasing fitness they could once more climb the stairs





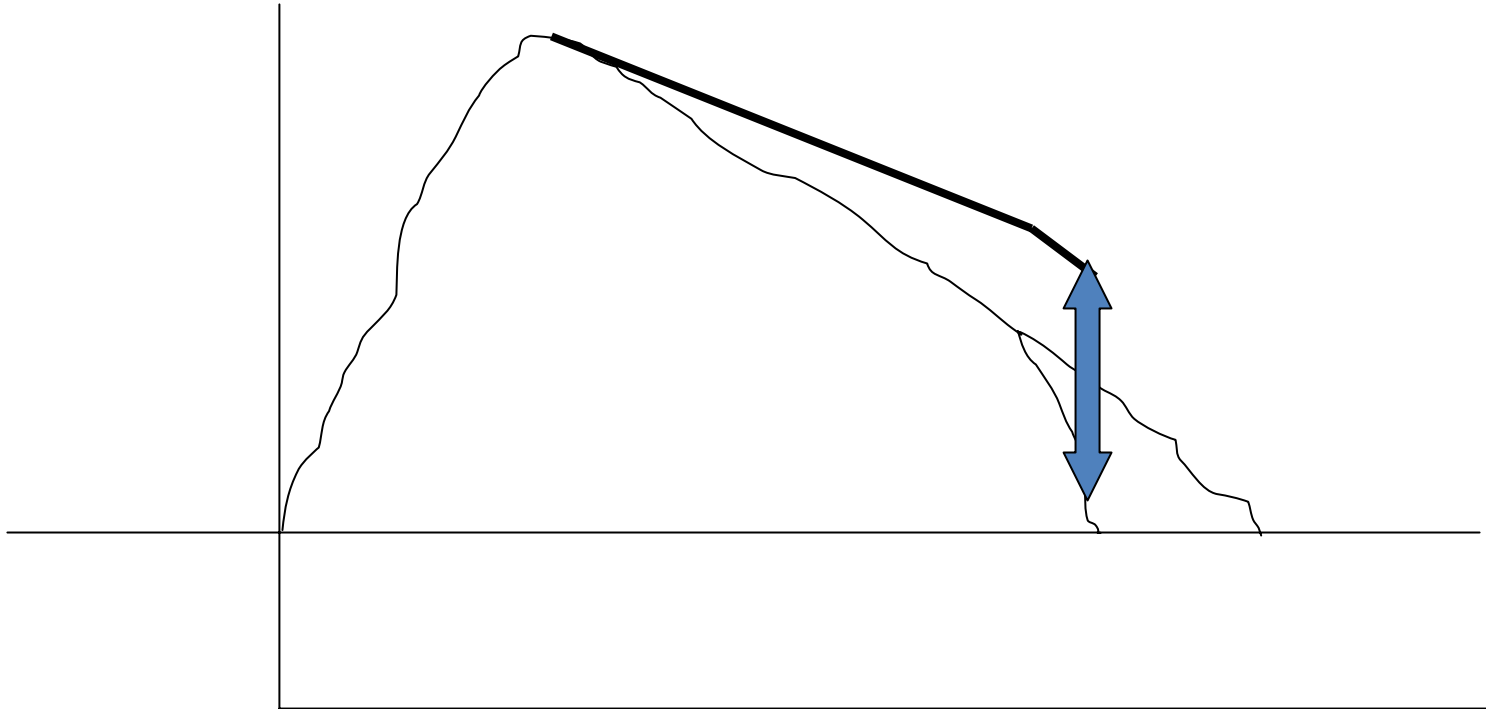
This person loses the ability to climb a flight of stairs at 76, simply by increasing fitness they could once more climb the stairs





The onset of a chronic disease often accelerates the rate at which ability is lost





The best possible rate of decline also accelerates, but not so quickly as the actual rate of decline; the fitness gap widens after the onset of chronic disease



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