

RESULTS

Descriptive statistics indicated that the initial height, age, and movement count were not significantly different between the jump and control groups (**Table 1**). In the jump group, compliance (82%) at jump training was averaged 2.5 times/wk. After the 6 mo of exercise intervention, body weight (BW) was significantly decreased within groups ($P < 0.05$) (**Table 1**). The maximum vertical jump height was significantly improved within groups ($P < 0.05$) (**Table 1**). The average vertical jump height with the same measuring method in the similar age group among Japanese women was 41.0–41.8 cm (**17**). Calcium intake and urinary DPD showed no significant differences between and within groups (**Table 1**).