

## Strength data results

The given data set has 240 observables and 4 variables namely, id, age, txt, and strength. There are no missing data in this data set.

	Control (n = 120)	Treatment (n = 120)
Age, y [mean (sd)]	46.16 (17.78)	47.65 (17.78)
Strength at endpoint [mean (sd)]	14.46 (5.31)	16.90 (5.74)

There is a negative correlation between age and strength i.e., as age increases strength decreases. Additionally, the t.test shows that difference in endpoint strength between the two intervention groups, is 2.44 (95% CI 1.03 - 3.85) and this difference is statistically significant ( $p = 0.007$ ). In other words, the intervention is effective in decreasing the decline in strength.

Linear regression shows that for two people of the same age, the strength increases by 2.44 (95%CI 1.03 – 3.85) in moving from the control to the treatment group. Controlling for age, the strength increases by 2.67 (95% CI 1.46 – 3.89). The variation of strength with age for the two treatment groups controlled for age is shown below.

