Respondents (n = 309)

Telephone Screenings (n = 232)
- Ineligible (n = 178)
  - In other study (n = 22)
  - Not interested (n = 32)
  - Too fit (n = 66)
  - Other non-medical (n = 25)
  - Medical screen fail (n = 27)
  - No reason provided (n = 7)
- Wait list (n = 6)

Medical Screenings (n = 48)
- Ineligible (n = 3)
  - 1 Knee surgery
  - 1 MMSE < 24
  - 1 Unwilling to commit to study

Randomized (n = 45)

Power Training (n = 15)
- Lost to follow-up (n = 2)
  - 1 spinal stenosis
  - 1 work schedule

Strength Training (n = 15)
- Lost to follow-up (n = 4)
  - 1 aortic aneurysm
  - 1 lung cancer
  - 1 back pain
  - 1 no follow up testing

Control (n = 15)
- Lost to follow-up (n = 3)
  - 1 surgery
  - 1 fall
  - 1 no follow-up testing

Completed Study (n = 36)