7590 citations (records) identified from 19 electronic databases

45 citations (records) identified through other sources

3239 citations screened

4351 duplicates removed

3083 excluded based on title: 2509
based on abstract: 574

57 full-text articles assessed for eligibility

52 excluded
19 no focus on change in PA
12 no focus on transition to retirement
19 quantitative studies
2 only physical capability

5 studies included in review