

Chapter 1

Middle Adulthood: Ages 40 through 65

Physical Changes During Middle Adulthood

Activity A
Chapter 11

Name _____
Date _____ Period _____

Complete the table by listing changes that may occur during middle adulthood. In the first two rows, list any physical changes specific to men or women.

Men	
Women	
Sensory skills	
Muscle mass and bone density	
Health concerns	

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