

# Chapter 11

## Middle Adulthood: Ages 40 through 65

### Physical Changes During Middle Adulthood

Activity A

Name \_\_\_\_\_

Chapter 11

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              |  |

# Goodheart Willcox Worksheet Answers

**SJ Ball**



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