

Age Group	20-34	35-49	50-64	65-79	80+	P-value
	(n=13)	(n=11)	(n=12)	(n=12)	(n=10)	
Gender	<i>M8, F5</i>	<i>M7, F4</i>	<i>M7, F5</i>	<i>M8, F4</i>	<i>M6, F4</i>	0.9949
Age, year	27.2 ± 3.3	41.3 ± 4.5	57.1 ± 4.7	70.3 ± 2.3	82.4 ± 2.4	<0.0001
Race	9C, 2AA, 2A	5C, 6AA	8C, 4AA	10C, 1AA, 1A	9C, 1AA	0.0958
BMI, kg/m ²	25.9 ± 2.8	26.4 ± 2.6	26.6 ± 3.2	26.4 ± 2.4	25.2 ± 3.9	0.9533
Weight/circuit training*	166 ± 188	301 ± 391	90 ± 45	62 ± 56	48 ± 10	0.3777
Vigorous exercise*	151 ± 176	33 ± 53	30 ± 66	120 ± 131	135 ± 158	0.0857
Brisk walking*	66 ± 95	79 ± 86	130 ± 205	77 ± 120	123 ± 165	0.8957
Casual walking*	158 ± 128	195 ± 170	310 ± 284	172 ± 165	209 ± 156	0.4825
†Physical Activity	1.8 ± 1.4	1.8 ± 1.3	2 ± 1.1	2.3 ± 1	1.5 ± 1.1	0.5145

Table S1) Baseline characteristics of the GESTALT skeletal muscle age group donors. The participants are classified into 5 different age groups. Gender: The number of donors is represented in numeric, *M* is Male, *F* is Female. Age in years: Average age across group and standard deviation (SD ±) for each age group. Race: number of donors is shown in left and race is shown in italics, *C* is Caucasian, *AA* is African American, and *A* is Asian. Body Mass Index (BMI): average BMI across the age group and SD (±) for each group is shown.

*Activity expressed in minutes/week as mean ± SD

†Physical activity is calculated from the sum of weight circuit, vigorous exercise, brisk walking and casual walking as high intensity exercise min/wk (highxmin). This is further categorized into 0, 1, 2, and 3 ; 0 = highxmin < 30, 1 = 30 ≤ highxmin < 75, 2 = 75 ≤ highxmin < 150, 3 = 150 ≤ highxmin.