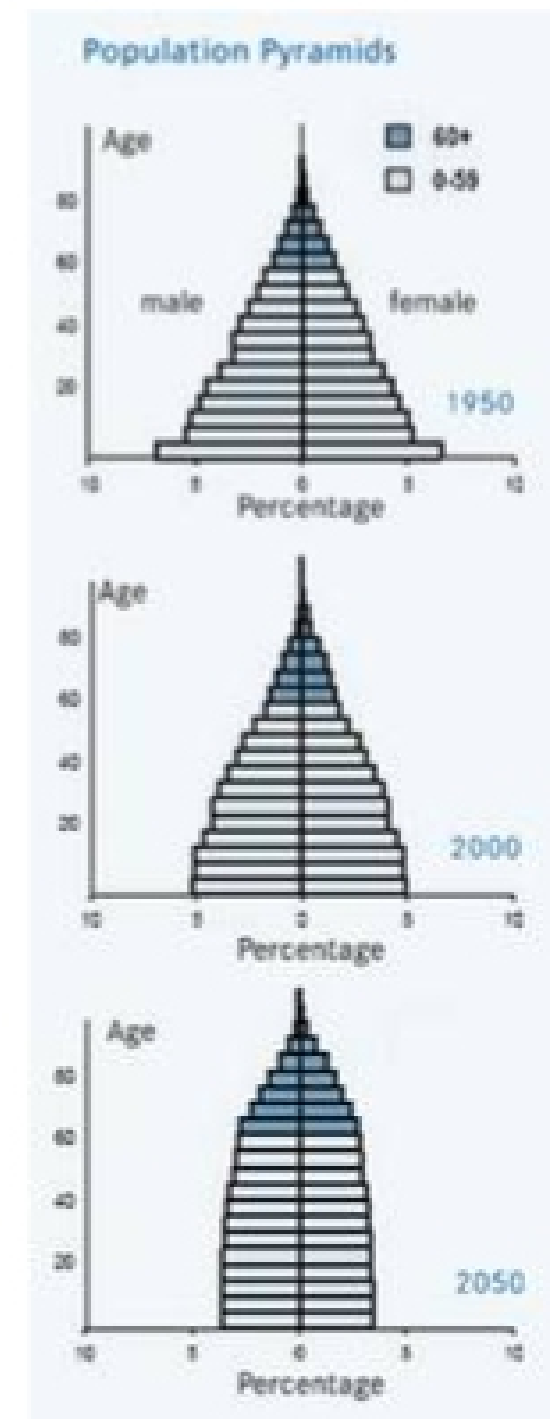


Physical Development in Middle and Late Adulthood



Middle Age: A Social Construct

- Changing midlife
 - Age identity is younger than chronological age
 - An increasing percentage of the population is made up of middle-aged and older adults
 - “Rectangularization” of the age distribution



Defining Middle Adulthood

- Middle adulthood – 40-45 years to about 60
 - declining physical skills and increasing responsibility
 - Awareness of shrinking time left in life
 - Transmitting something meaningful to the next generation
 - Reaching and maintaining career satisfaction

