

Table for *Paulson, S.* Comparison of Young and Functional Fit Older Adults on Temporal Spatial Gait Parameters.

Group	Gait Speed (m·s ⁻¹)	Stride Length (m)	Cadence (steps·min ⁻¹)	Percent Stance (%)	Percent Swing (%)
LFF (n = 8)	1.23±0.09	0.66±0.06	117.29±8.45	61.25±4.14	38.75±4.14
HFF (n = 12)	1.42±0.19	0.72±0.07	119.14±11.83	57.58±6.36	42.42±6.36
CON (n = 12)	1.42±0.06	0.74±0.03	114.85±3.85	54.54±5.90	45.46±5.91