<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>motor activity/ or running/ or swimming/ or walking/</td>
</tr>
<tr>
<td>2</td>
<td>physical fitness/ or exercise/ or physical endurance/ or exp sports/</td>
</tr>
<tr>
<td>3</td>
<td>1 or 2</td>
</tr>
<tr>
<td>4</td>
<td>exp Aged/</td>
</tr>
<tr>
<td>5</td>
<td>exp Health Services for the Aged/</td>
</tr>
<tr>
<td>6</td>
<td>3 and (4 or 5) and (exp obesity/ or overweight/ or weight loss/ or body mass index/ or body composition/ or adipose tissue/)</td>
</tr>
<tr>
<td>7</td>
<td>6 and (risk factors/ or risk assessment/ or exp cardiovascular diseases/ep, mo, pc)</td>
</tr>
<tr>
<td>8</td>
<td>(*motor activity/ or *running/ or *swimming/ or *walking/ or (*physical fitness/ or *exercise/ or *physical endurance/ or exp <em>sports/) or mobility</em>.mp.) and 6 [mp=title, original title, abstract, name of substance word, subject heading word, unique identifier]</td>
</tr>
<tr>
<td>9</td>
<td>7 or 8</td>
</tr>
<tr>
<td>10</td>
<td>limit 9 to (english language and humans and yr=&quot;2001 - 2010&quot;)</td>
</tr>
<tr>
<td>11</td>
<td>9 and (ae or mo).fs.</td>
</tr>
<tr>
<td>12</td>
<td>limit 10 to (clinical trial, all or clinical trial, phase i or clinical trial, phase ii or clinical trial, phase iii or clinical trial, phase iv or clinical trial or comparative study or controlled clinical trial or meta-analysis or multicenter study or randomized controlled trial)</td>
</tr>
</tbody>
</table>