

physical activity levels. All participants provided written consent, based upon approval from the University ethical review committee.

Data were collected by trained researchers in the University laboratory, shortly after recruitment. Firstly, the participants

may be explained by the higher functional levels of the participants in the present study, who walked at speeds of 0.92 m/s, compared to 0.80 m/s reported by Alzahrani et al. [5]. Faria et al. [17] reported similar values for the stair ascent and descent cadences, 1.13 and 1.11 stairs/s, respectively, to those found for the moderately active group of the present study (1.08 stairs/s for both tests). Despite that high incidence of falls in older adults during stair management was reported in previous studies and it has been suggested that handrail use could implement safety during the performance of this activity [18], only 13% of the participants in the present study chose to use the handrails to perform the tests, which may be explained by their high functional levels

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