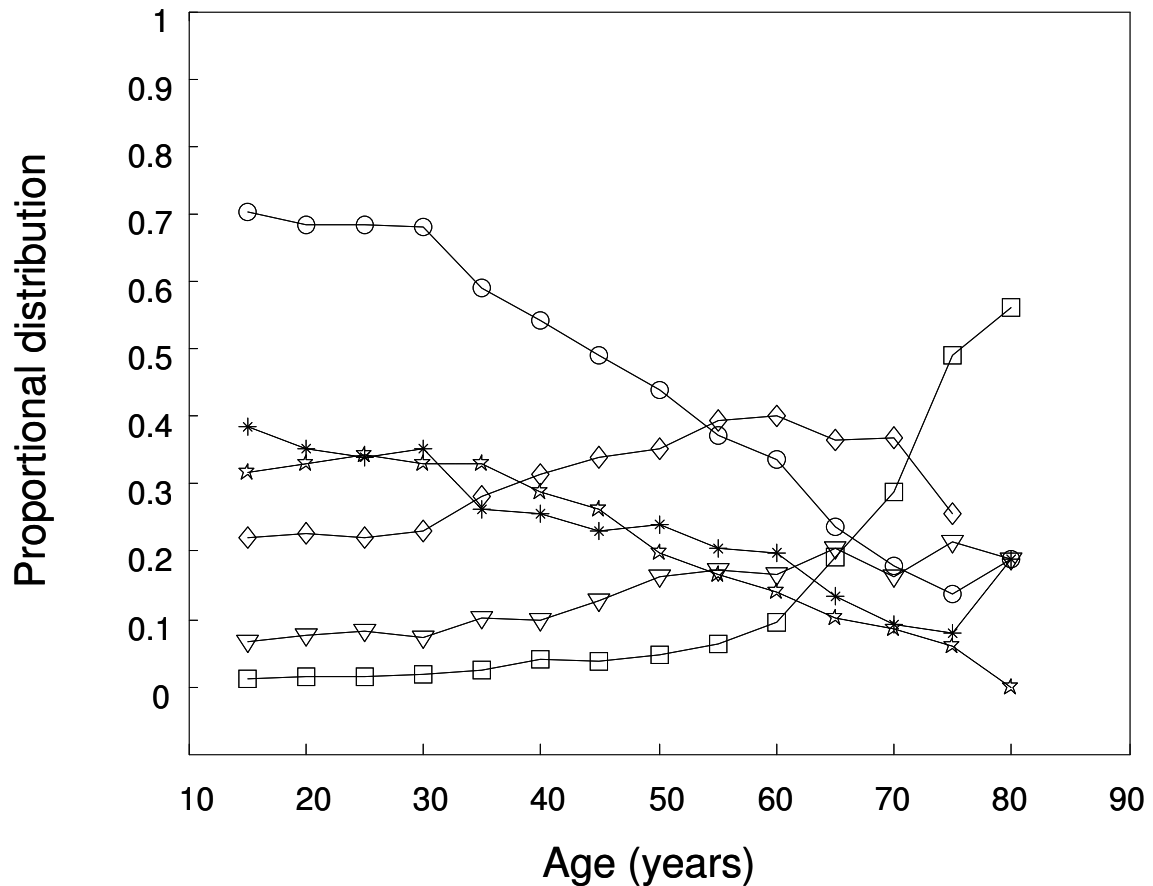**Appendix 4 (as submitted by the authors): Proportion maintaining or changing fitness states over 12 years**

Key to symbols:
Circle = remained in the fittest state (Frailty Index ≤ 0.03) at the last cycle of
    the survey, but may or may not have fluctuated at other times between
    the first and last cycles of the survey
Asterisk = was in the fittest state at all cycles of the survey
Star = remained in the fittest state at the last cycle of the survey, but
    fluctuated at other times between the first and last cycles of the survey
Diamond = declined to the fit state (0.03 < Frailty Index ≤ 0.10)
Triangle = declined to the least fit state (0.10 < Frailty Index ≤ 0.21)
Square = declined to the frail state (Frailty Index > 0.21)