

12-MINUTE RUN TEST FOR MEN (MILES)

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower
Age	Poor (less than 20%)	Fair (20-49%)	Good (50-74%)	Excellent (75-87%)	Superior (88-98%)
18-19	<1.36*	1.37 → 1.57	1.58 → 1.67	1.68 → 1.89	>1.90
20-29	<1.32	1.33 → 1.47	1.48 → 1.64	1.65 → 1.83	>1.84
30-39	<1.29	1.30 → 1.39	1.40 → 1.57	1.58 → 1.77	>1.78
40-49	<1.28	1.29 → 1.37	1.38 → 1.52	1.53 → 1.74	>1.75
50-59	<1.11	1.12 → 1.28	1.29 → 1.41	1.42 → 1.67	>1.68
60-69	<0.99	1.00 → 1.13	1.14 → 1.28	1.29 → 1.57	>1.58
70-79	<0.90	0.91 → 0.98	0.99 → 1.13	1.14 → 1.42	>1.43
80+	<0.81	0.82 → 0.92	0.93 → 1.02	1.03 → 1.28	>1.29
77%		91%	93.5%	96%	97%
10-year survival rate (from middle age/50s)					

*Distances shown are in miles. This test chart is designed for use with a fitness watch or treadmill (set at 1% grade.)

Sources: Cooper K, et al 1968, Mandsgaer, Harb, Cremer et al 2018

A Good Age

Michael Hoelscher



A Good Age:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **A Good Age** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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