

## 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 75%)	Fair (75-89%)	Good (90-94%)	Excellent (95-97%)	Superior (98-99%)
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, Mandsager, Harb, Cremer et al 2018

# A Good Age

**Daniel F McAuley**



**A Good Age:**

## Decoding **A Good Age**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**A Good Age**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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