

## 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, Mandsgaer, Harb, Cremer et al 2018

# A Good Age

**Michael Hoelscher**



## A Good Age:

**Abrahams Interment: or, the good Oldmans Buriall in a good Old Age. Opened in a sermon ... at the funerall of the Worshipfull John Lamotte ... Unto which is added a short narrative of his life and death** Fulk BELLERS,1656  
Holy-days and holidays, a treasury of historical material, sermons, poetry [&c.] relating to holy days and holidays,  
compiled by E.M. Deems Holy days,1902     *A Commentary on the Holy Scriptures: Critical, Doctrinal, and Homiletical*  
Johann Peter Lange,Philip Schaff,1868     **Elite Youth Cycling** Alfred Nimmerichter,2018-09-03 Elite Youth Cycling  
showcases the latest cutting edge research in youth cycling performance Covering both endurance and sprint cycling events  
the book explores the effect of cycling on the maturation of the body from childhood to adolescence suggests long term  
training and nutritional strategies for young athletes and discusses issues such as injury prevention long term athlete health  
and body image in endurance cyclists Divided into sections on growth and maturation training and testing sports medicine  
and nutrition and coaching and psychology the book includes chapters on Muscle bone and cardiopulmonary development of  
young cyclists Performance assessment in the laboratory and on the track Longitudinal training strategies and concurrent  
strength training Overuse injuries and injury prevention Nutrition and ergogenic aids Personal and psychosocial development  
Including directions for future research in each section Elite Youth Cycling is an authoritative and comprehensive anthology  
of the latest research in youth cycling It is vital reading for any physiologist psychologist strength and conditioning coach or  
sport therapist working with young cyclists and any academic researching youth sport and the development of young athletes  
No Mind Any Man Michael Sutton,2011-06-09     *A short history of English literature. Repr* George Edward B.  
Saintsbury,1903     **A Short History of English Literature** George Saintsbury,1898     American Swineherd, Published  
Monthly in the Interests of Swine Raising ,1919     **Munsey's Magazine** ,1917     *Munsey's Magazine for ...* ,1917     The  
Academy and Literature ,1903     Great Zimbabwe, Mashonaland, Rhodesia Richard Nicklin Hall,1907     **The Religious**  
**System of China: book I. Disposal of the dead** Jan Jakob Maria Groot,1892     **The Badger** ,1897     Bye-gones,  
Relating to Wales and the Border Counties ,1878     **Dictionary of Painters and Engravers** Michael Bryan,1886     **From**  
**the beginning to the age of Henry VIII, by Richard Garnett.-v. 2. From the age of Henry VIII to the age of Milton,**  
**by Richard Garnett and Edmund Gosse.-v. 3. From Milton to Johnson, by Edmund Gosse.-v. 4. From the age of**  
**Johnson to the age of Tennyson, by Edmund Gosse** Richard Garnett,1903     *Our Country Churches & Chapels* ,1872  
**Prince Otto** Robert Louis Stevenson,1886     *Collier's* ,1928

## Unveiling the Power of Verbal Art: An Mental Sojourn through **A Good Age**

In a global inundated with monitors and the cacophony of instant connection, the profound energy and emotional resonance of verbal art frequently fade in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, located within the musical pages of **A Good Age**, a captivating perform of literary splendor that pulses with raw emotions, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus guides readers on a mental odyssey, delicately revealing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main subjects, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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