

# COOPER 1.5-MILE RUN FOR WOMEN

	80% lower	76% lower	64% lower	49% lower	Highest death risk (from any cause)
Age	Superior (top 2%)	Excellent (75-97%)	Good (50-74%)	Fair (25-49%)	Poor (lowest 25%)
18-19	<9:52	9:53 → 11:30	11:31 → 13:38	13:39 → 15:20	>15:21
20-29	<10:22	10:23 → 13:08	13:09 → 15:20	15:21 → 19:40	>19:41
30-39	<10:51	10:52 → 13:56	11:30 → 16:25	16:26 → 20:35	>20:36
40-49	<11:13	11:14 → 14:40	14:41 → 17:00	17:01 → 21:35	>21:36
50-59	<11:30	11:31 → 15:20	15:21 → 19:26	19:27 → 23:00	>23:01
60-69	<13:39	13:40 → 18:23	18:24 → 23:00	23:01 → 27:40	>27:41
70-79	<15:20	15:21 → 23:10	23:11 → 27:40	27:41 → 34:40	>34:41
10-year survival rate (from middle age/60y)	97%	96%	93.5%	91%	77%

Run six laps on a 400 meter track, or find a measured distance of 1.5 miles on a flat surface.

Sources: Cooper K et al, 1968,  
Mandsager, Harb, Cramer et al 2018

# Fitneb For The Good Years

**A Gutmann**



## **Fitneb For The Good Years:**

**Recruiting Journal of the United States** United States. Adjutant-General's Office,1960 [Interactive Video Primer: Nursing Education](#) Scott Alan Stewart,1990-05-01 Provides an overview on the use of interactive videodisc systems in nursing education Includes information about videodisc systems computer graphic overlay boards and videodisc players as well as videodisc programs developed by hospitals universities and colleges commercial firms and testing and certification organizations Videodisc research surveys periodicals conferences film festivals and other resources also are listed *Ronald Reagan* United States. President (1981-1989 : Reagan),United States. President (1981-1989 : Reagan).,1982 **Great Whiskeys** DK,2011-03-21 Great Whiskeys is the ideal drinking companion for any whiskey lover it is generous knowledgeable and willing to go anywhere No other spirit matches the romance of whiskey its carefully nurtured long gestation the curious flavors of its birthplace its infinite subtleties and varieties all have a magic that captivates seasoned connoisseurs and new fans alike Great Whiskeys reveals the secrets that give each whiskey its character and cherry picks the best expressions to try As the whiskey world becomes more global heritage brands are exported ever more widely and innovative whiskeys from new producing countries are winning accolades Great Whiskeys reflects this diversity by bringing you whiskeys from 22 countries This is a guide that covers every whiskey style single malt blended grain bourbon rye and more Enthusiasts and converts alike could not find a more comprehensive and accessible resource [Interactive Video Primer: Medical Education](#) Scott Alan Stewart,1990-05-01 Provides an overview on the use of interactive videodisc systems in medical education Includes information about videodisc systems computer graphic overlay boards and videodisc players as well as videodisc programs developed by universities and colleges commercial firms professional association public organizations and testing and certification organizations Videodisc research surveys periodicals conferences film festivals and other resources also are listed **Fitness for Life: Middle School-2nd Edition** Corbin, Chuck B.,Le Masurier, Guy,Lambdin, Dolly,2017-09-06 Fitness for Life Middle School Second Edition offers new material and resources including a new interactive web textbook for students and online bundle for teachers With this text you will be able to integrate fitness concepts into core curricula engage students in using technology in their healthy lifestyle planning and address all current guidelines and standards [The American School Board Journal](#) William George Bruce,William Conrad Bruce,1923 [Stores of the Year No. 15](#) Martin M. Pegler,2005-11-22 The stores in this book vary in merchandise sold target customer price points type of space and location Showcased are flagships prototypes free standing satellites vendor shops and more With more than 250 full color photos Stores of the Year No 15 shows you how top professionals in the fields of design architecture lighting and fixtures turn spaces into marketplaces Famous designers and newcomers alike reveal new solutions to the complex problems of retail design and visual merchandising Illustrated are the elements of good store design architecture fixturing lighting and merchandise presentation **Gardeners' Chronicle and Agricultural Gazette** ,1860

**Green's Fruit Grower** ,1915      **Cecilia's Fitness Adventure** Dyann Paoline,2011-06 The book is Cecilia s Fitness Adventure and is a 24 page children s book on Cecilia in her Mommy s belly before she was born talking about her Mommy staying healthy and fit by exercising and eating all the right foods      **Principles and Ideas for Doherty Men** Henry Latham Doherty,1923      *Union Agriculturist and Western Prairie Farmer* ,1854      **Gardening World Illustrated** ,1905  
Gold Coast Gazette Gold Coast,1955      New Reclamation Era ,1924      **The Congregationalist** ,1926      **Monthly Labor Review** ,1937 Publishes in depth articles on labor subjects current labor statistics information about current labor contracts and book reviews      **The Wine and Spirit Bulletin** ,1906      **The Saturday Evening Post** ,1918 SCC Library has 1974 89 plus scattered issues

## Adopting the Beat of Expression: An Emotional Symphony within **Fitneb For The Good Years**

In some sort of used by monitors and the ceaseless chatter of immediate interaction, the melodic elegance and mental symphony developed by the written term usually diminish into the backdrop, eclipsed by the constant sound and distractions that permeate our lives. But, situated within the pages of **Fitneb For The Good Years** a marvelous fictional value overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this touching assessment, we can examine the book's central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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