

ROCKPORT WALKING TEST FOR MEN

Highest death risk (from any cause)		49% lower	64% lower	76% lower
Age	Poor	Fair	Good	Excellent
*18-19	<37.9	38 → 45.4	45.5 → 48.9	>49
*20-29	<36.3	36.4 → 41.9	42 → 47.9	>48
30-39	<35.2	35.3 → 39.1	39.2 → 45.4	>45.5
40-49	<34.6	34.7 → 38.4	38.5 → 43.7	>43.8
50-59	<28.9	29 → 34.9	35 → 39.8	>39.9
60-69	<24.7	24.8 → 29.7	29.8 → 34.9	>35
70-79	<21.3	21.4 → 24.4	24.5 → 29.7	>29.8
77%		91%	93.5%	96%

*If you are 22 years old or younger, multiply your score by 0.85.

Otherwise your score comes out too high. The test was originally designed for ages 30-69.

10-year survival rate
(from middle age/10s)

Sources: Mandsager, Harb, Cremer et al 2018, Kline, Porchari et al 1987, *Dolgener, Hensley et al 1994

Rockports Fitness Walking

Scott Roberts



Rockports Fitness Walking:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Rockports Fitness Walking** . 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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