

12-MINUTE RUN TEST FOR WOMEN (KM)

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower
Age	Poor (lowest 25%)	Fair (25-49%)	Good (50-74%)	Excellent (75-91%)	Superior (top 2%)
18-19	<2.07*	2.08 → 2.24	2.25 → 2.53	2.54 → 2.85	>2.86
20-29	<1.75	1.76 → 2.06	2.07 → 2.30	2.31 → 2.73	>2.74
30-39	<1.70	1.71 → 1.97	1.98 → 2.20	2.21 → 2.64	>2.65
40-49	<1.66	1.67 → 1.90	1.91 → 2.12	2.13 → 2.58	>2.59
50-59	<1.60	1.61 → 1.77	1.78 → 2.06	2.07 → 2.53	>2.54
60-69	<1.44	1.45 → 1.59	1.60 → 1.83	1.84 → 2.24	>2.25
70-79	<1.28	1.29 → 1.43	1.44 → 1.59	1.60 → 2.06	>2.07
80+	<1.19	1.20 → 1.36	1.37 → 1.48	1.49 → 1.81	>1.82
77%		91%	93.5%	96%	97%
10-year survival rate (from middle age/50s)					

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

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Nederlandse Sport Federatie

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Table of Contents Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4

1. Understanding the eBook Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - The Rise of Digital Reading Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Advantages of eBooks Over Traditional Books
2. Identifying Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Personalized Recommendations
 - Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 User Reviews and Ratings
 - Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 and Bestseller Lists
5. Accessing Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 Free and Paid eBooks

- Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 Public Domain eBooks
- Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 eBook Subscription Services
- Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 Budget-Friendly Options
- 6. Navigating Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 eBook Formats
 - ePub, PDF, MOBI, and More
 - Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 Compatibility with Devices
 - Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Highlighting and Note-Taking Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Interactive Elements Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
- 8. Staying Engaged with Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
- 9. Balancing eBooks and Physical Books Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Setting Reading Goals Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Fact-Checking eBook Content of Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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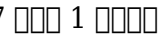
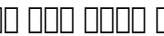
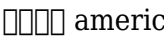
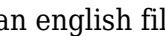
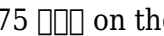
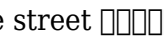
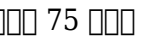
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