

VO2 MAX CHART FOR MEN

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower	
Age	Poor (lowest 21%)	Fair (21-49%)	Good (50-74%)	Excellent (75-97%)	Superior (top 2%)	Elite
18-19	<37.9	38 → 45.4	45.5 → 48.9	49 → 57	>57.1	80+
20-29	<36.3	36.4 → 41.9	42 → 47.9	48 → 54.9	>55	80+
30-39	<35.2	35.3 → 39.1	39.2 → 45.4	45.5 → 52.4	>52.5	80+
40-49	<34.6	34.7 → 38.4	38.5 → 43.7	43.8 → 51.4	>51.5	72+
50-59	<28.9	29 → 34.9	35 → 39.8	39.9 → 48.9	>49	65+
60-69	<24.7	24.8 → 29.7	29.8 → 34.9	35 → 45.4	>45.5	?
70-79	<21.3	21.4 → 24.4	24.5 → 29.7	29.8 → 40.2	>40.3	?
80+	<18.1	18.2 → 22.0	22.1 → 25.5	25.6 → 34.9	>35	?
77%		91%	93.5%	96%	97%	10 year survival rate (from middle age/60)

Source: Mandagie, Harb, Crmer et al 2018.

Comparative references: Kaminsky, Arena et al 2015,
Imboden, Harber et al 2018

Test Yourself For Maximum Health

Michael Seilmaier



Test Yourself For Maximum Health:

Test Yourself for Maximum Health Charles B. Inlander,1994 *EastWest* ,1991 Dr. Bob's Guide to Optimal Health Dr. Robert DeMaria,2024-02-20 Your body is God's temple Learn how to manage it well Beloved I pray that you may prosper in all things and be in health just as your soul prospers 3 John 2 Are you caught in a tug of war between pursuing a healthier lifestyle and settling for average Did you know that you can build a better you by making a series of simple daily choices Join Dr Bob DeMaria as he offers 35 years of professional medical expertise and solid Scriptural insight to help improve your health and transform your life in the comfort of your own home In Dr Bob's book you will learn 365 easy ways to change your diet improve your sleep and enhance your exercise Secrets to preventing and dealing with diabetes cancer IBS gallstones menopause headaches and more This journey will equip you with priceless information empower you to make necessary improvements and enable you to be a good steward of the body God has given you *The Men's Health Home Workout Bible* Lou Schuler,Michael Mejia,Editors of Men's Health Magazi,2002-11-09 Get bigger biceps broad shoulders a bigger bench press powerful legs cut abs without ever leaving your home The body you want in the space you have The strength you want with the equipment you have The muscles you want in the time you have You don't need to join a gym to get in shape In fact for a lot of guys the gym is an impediment to getting in shape The crowds the inconvenience the intimidation the time the commute by the time you add it all up you could end up investing 2 hours to get 45 minutes of exercise No matter how little space you have no matter how little equipment you have no matter how little time you have you can get the results you want without stepping inside a gym The Men's Health Home Workout Bible by Lou Schuler and Michael Mejia M S C S C S gives you Four full body muscle plans The Body Weight Plan The Dumbbell Plan The Barbell Plan The Multistation Machine Plan Custom training plans for strength fat loss aerobic fitness and sports performance Buying advice for weights benches machines cardio equipment and exercise videos Complete guidelines for turning your home into a state of the art fitness center With beginner intermediate and advanced full body workouts for each type of equipment The Men's Health Home Workout Bible gives you more than 400 exercises altogether photographed and fully described From pushups to power cleans from crunches to jump squats we show you how to get more muscle and strength at home whether you're a complete beginner or a competitive athlete The Men's Health Home Workout Bible is a personal trainer on call 24 hours a day 7 days a week **Dr. Bob's Guide to Optimal Health** Bob DeMaria,Robert DeMaria,2006 Teenager's Guide to Health and Fitness Krishna Lingampalli,2013-02-27 In this guide Krishna Lingampalli who is committed to health and fitness teaches you the fundamentals of fitness nutrition and rest Teenagers Guide to Health and Fitness will be the compass for your healthy lifestyle Whether you are fit or a couch potato this book will help because it will guide you based on your current level of fitness **The Alkaline Cure** Stephan Domenig,2014 Lose weight gain energy and feel young Jacket *Optimal Level* Linda I. McCabe,Liz Peterson,2004 Do you like a fast paced environment **The Health Handbook of Diet & Fitness**

Secrets Ben Greenfield,2012-05 Ben Greenfield's The Health Handbook of Diet Fitness Secrets is the ultimate collection of fitness nutrition and wellness tips and tricks This book is full of practical solutions for fat loss and fitness that you won't find anywhere else It contains sections on 30 different health and fitness topics including Five Life Changing Nutritional Myths A Lean Body Grocery Shopping List from A Z Cardio Long Easy or Slow Hard Ten Fat Burning Tips The Ultimate Fifteen Minute Workout Three Body Toning Outdoor Workouts Seven Late Night Snacking Tips And Much Much More This book also includes a bonus chapter on healthy meal plans **Discover Your Optimal Health** Wayne Scott Andersen,2013-07-09

Presents a program that shows how to integrate a healthy lifestyle maintain a healthy weight and live longer **Workbook of the Unique Documentary of Health through Nutrition** Konstantinos "Gus" Deligiannidis, BA, MBA, This is a study guide a how to document of the Unique Documentary of Health through Nutrition book that helped a unique individual treat and correct his health problems in the 4 following major areas 1 Blood Pressure 2 Weight Loss 3 High Cholesterol 4 Anxiety Disorder Read it enjoy it PRACTICE IT and share it with a friend Ultimately you will as many healthy years to your life

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in a modern context to empower readers with the knowledge and tools to lead a vibrant and balanced life Through a harmonious blend of traditional yoga principles and contemporary scientific insights this book unveils the secrets of how yoga can serve as a powerful preventive practice It explores the interconnectedness of the mind body and spirit illustrating how yoga can nurture these aspects and create a solid foundation for lifelong health Delving into the physical realm readers will discover a wide range of yoga postures breathing exercises and relaxation techniques that strengthen the body improve flexibility and promote overall physical well being The book also offers guidance on aligning the breath fostering mindfulness and developing a deep connection to the present moment The mental and emotional benefits of yoga take center stage as well with insights into how yoga can alleviate stress reduce anxiety and cultivate a calm and focused mind Through mindfulness practices and meditation techniques readers will uncover the power of self reflection and inner exploration unlocking the potential for personal growth and emotional resilience More than just a physical or mental discipline yoga is a way of life This book explores the broader aspects of yoga such as ethical principles conscious living and the integration of yoga philosophy into everyday experiences By embracing these principles readers can create a sustainable lifestyle that supports their well being and fosters harmonious relationships with others and the world around them With its comprehensive approach Yoga Unlocking the Secrets of Preventive Health and Optimal Living serves as a valuable resource for both newcomers and experienced practitioners It offers practical guidance inspiring insights and a wealth of knowledge to help readers unlock the transformative potential of yoga and embark on a path towards preventive health inner balance and optimal living Immerse yourself in the profound wisdom of yoga and unleash the power of preventive health with Yoga Unlocking the Secrets of Preventive Health and Optimal Living Men's Health ,2008-03 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Health and Wellness** Gordon Edlin,2014

Health and Wellness , Investing In Your Health... You'll Love The Returns Will Shelton,2018 This book examines current diets to help you make decisions about your eating style as well as taking a look at sleep patterns in association with our overall health Health and physical education warrant a bigger role in our children s overall health and well being One of the chapters is entitled Games People Play which focuses on games you played growing up Will Shelton is deeply concerned that some neighborhoods including parks are too violent for youth to play in He presents some innovative ideas that can help curtail violence in neighborhoods We need to bring back pride as a core value in some neighborhoods so youth have a vested interest in their respective neighborhoods by creating jobs safe parks and recreational centers better teachers principals other school staff school curriculum mentorship programs rites of passage programs violence prevention programs better training of police and dramatically stop how guns drugs and other weapons enter neighborhoods Will Shelton Will Shelton s book Investing in Your Health You ll Love the Return is an insightful and innovative look at our personal health status and how we can improve it It examines why we eat the foods we select It answers the following

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