

18-19 Age 25 35 45 55 65 75 85



### ATHLETE

(Top 2%)

A fit 55-year-old is like an out-of-shape teen, an average young adult, or an athlete in her 70s.

An out-of-shape young adult is comparable to an average 55-year-old.

### FIT

(Top 25%)

35.0

35.0

35.0

### AVERAGE

28.1

28.4

### OUT OF SHAPE

(Bottom 25%)

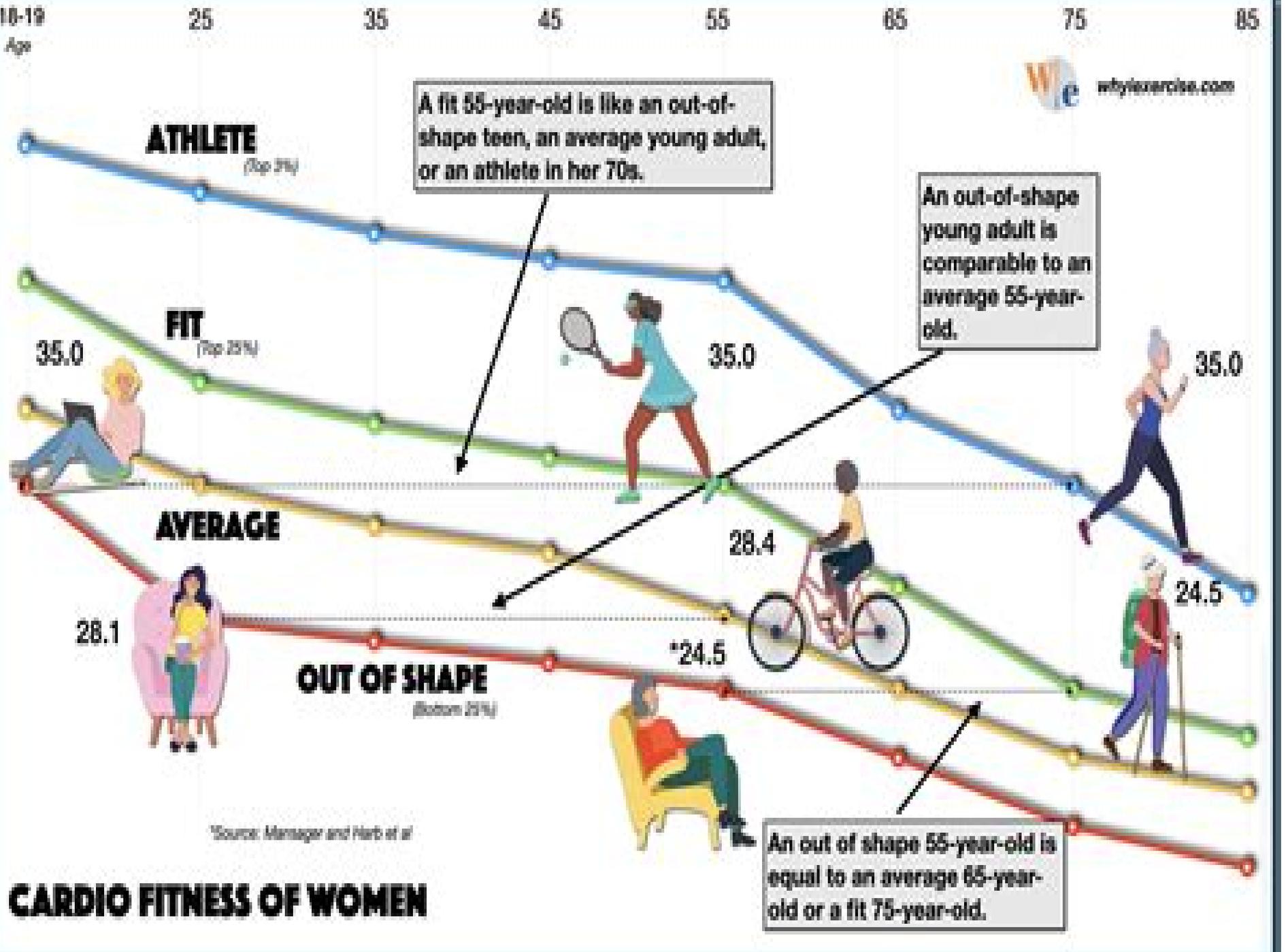
\*24.5

24.5

\*Source: Maninger and Harb et al

An out of shape 55-year-old is equal to an average 65-year-old or a fit 75-year-old.

# CARDIO FITNESS OF WOMEN



# Active Years Your Aging

**Terry C. Jones**



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