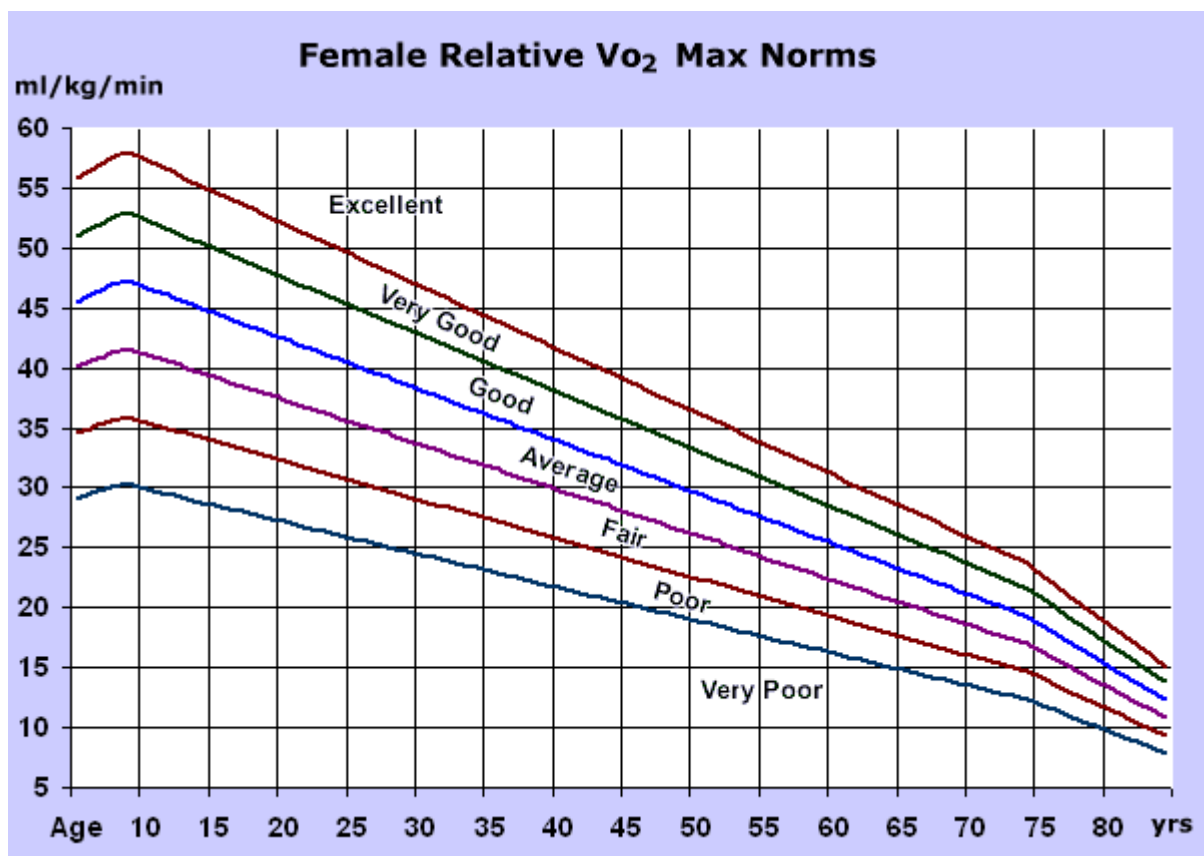
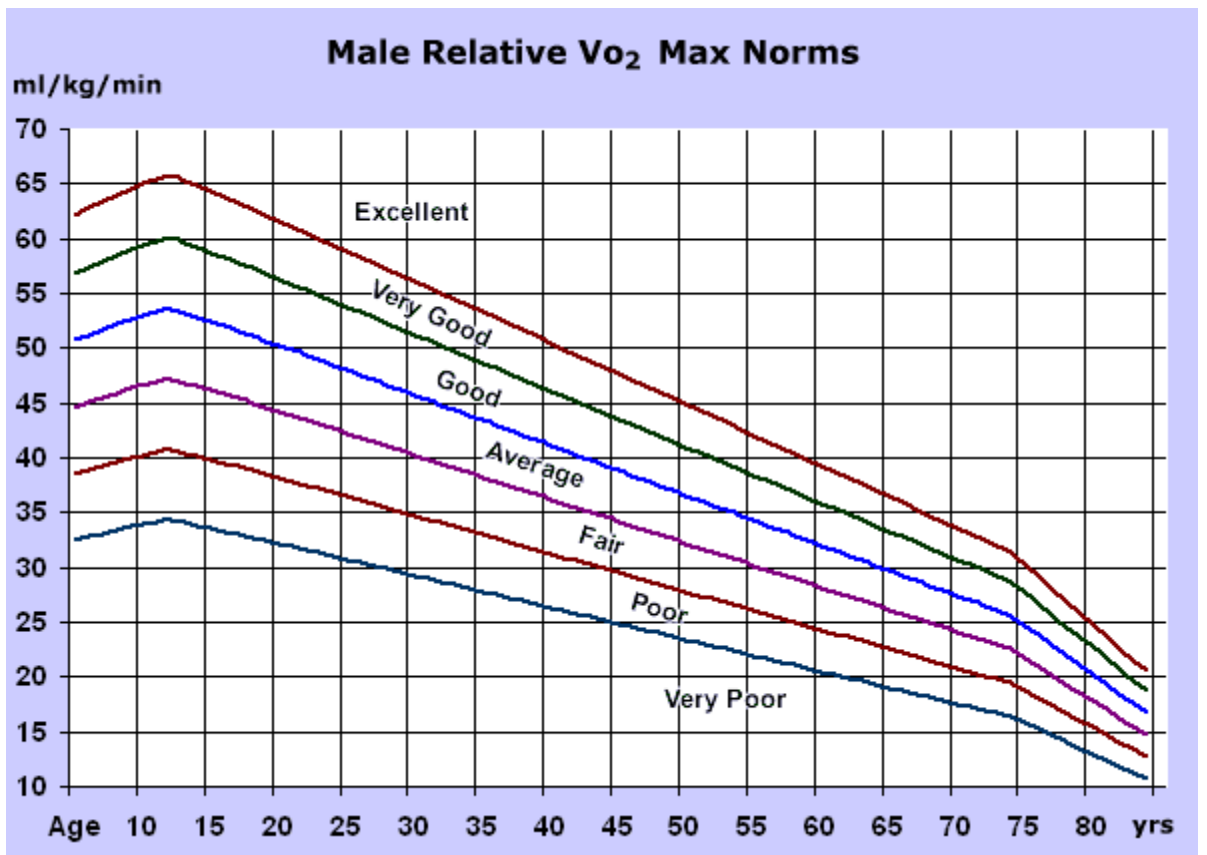
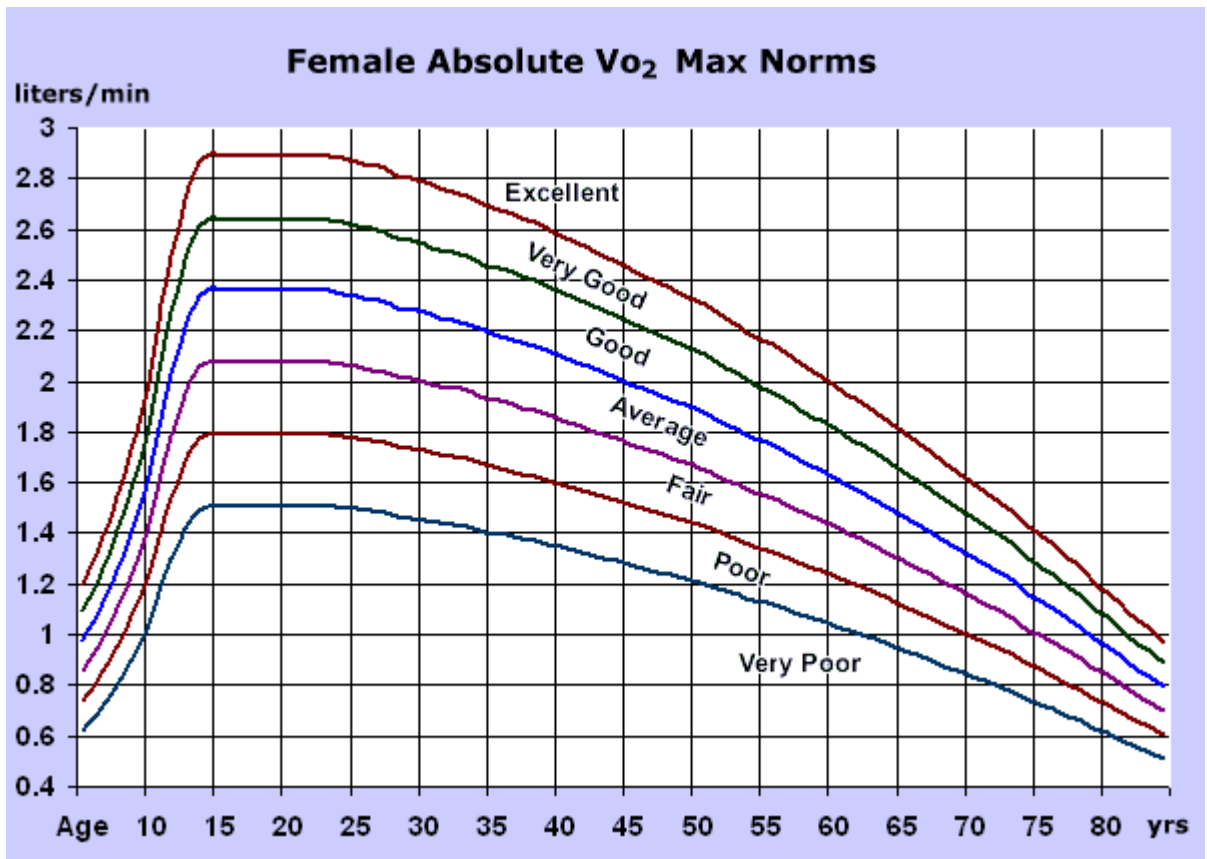


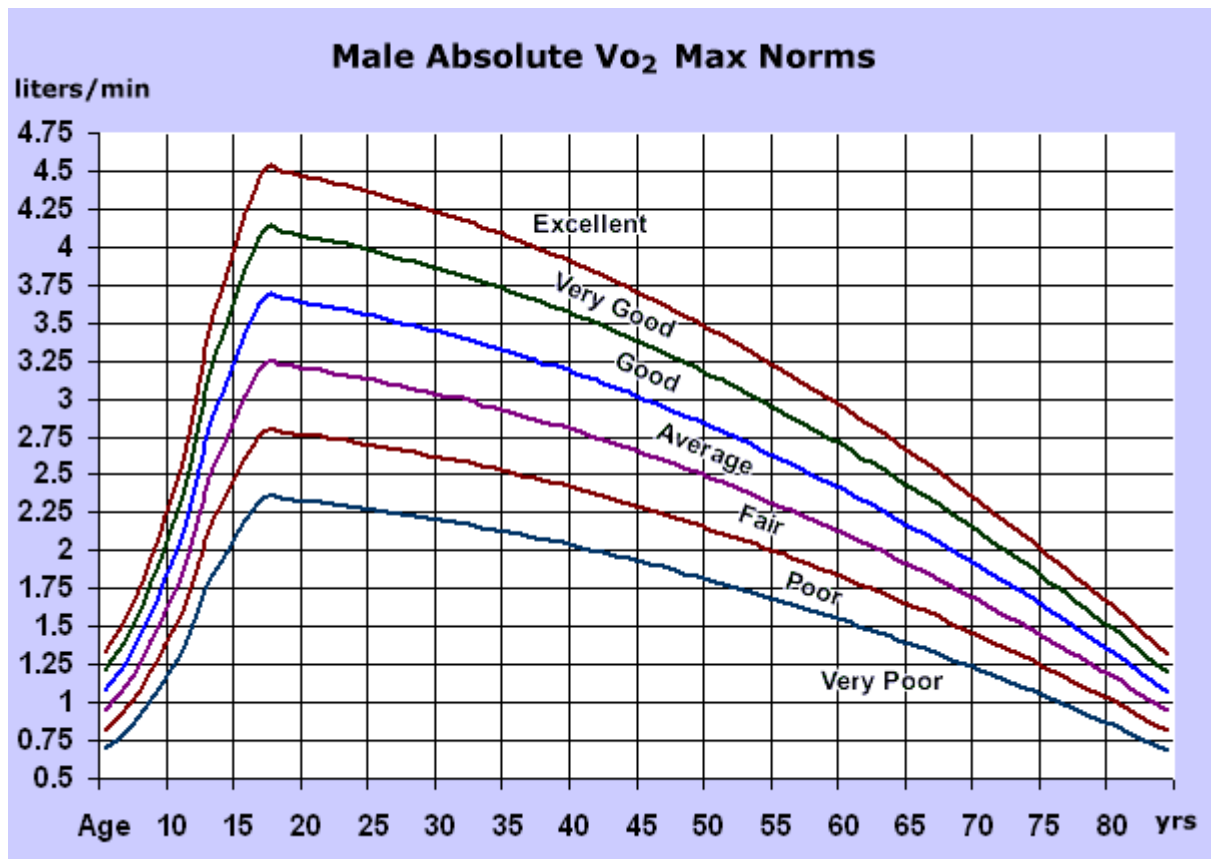
Fitness Norms in the Population

The aerobic fitness charts below show how fitness (VO_2 Max) changes with age (6 to 85 years). VO_2 max is the amount of oxygen taken up and used by muscles. The higher, the more aerobically fit you are. Each line on the charts separates the different fitness categories. The charts allow you to compare your fitness level with the fitness of different age groups. These norms are based on results of numerous studies* conducted in North America and Europe and apply to most of the industrial world.

* Shvartz E, R.C. Reibold. *Aerobic Fitness Norms For Males And Females Aged 6-75: A review.* Aviation, Space and Environmental Medicine. 61:3-11,1990







Fitness Categories

Category	Percent of Population
Excellent	3
Very Good	8
Good	22
Average	34
Fair	22
Poor	8
Very Poor	3

