

SIX-MINUTE WALK TEST

Fitness score from miles walked for use with a treadmill or fitness watch

Distance	Speed	Category	Rating
0.34 mi+	3.4+ mph	Medium to brisk walking speed	*Best longevity + quality of life
0.30 mi	3.0 mph	Average all-ages usual walking speed (3.0 mph)	+5 years (compared to 2.0 mph), independent
0.27 mi	2.7 mph	Minimum safe street crossing speed	Less likely to fall
0.26 mi	2.6 mph	Average walking speed at age 75 (no cane, walker)	Better longevity
0.22 mi	2.2 mph	Average walking speed at age 85 (no walking aid)	More likely to depend on others.
<0.16 mi	<1.6 mph	Age 90+ walking speed. More likely to require a caretaker.	Highest risk of being hospitalized.

*Ratings are based on 'usual walking speed' from studies (rather than best effort pace for a six-minute walk).

Sources: Dommerhuyzen, Ragunathan et al 2022, Studenski, Peters et al 2011, Murtagh EM, Mair et al 2021, Eggenberger, Tomovic et al 2021 Montero-Odasso, Schapira et al 2006, Colcord, Kawai et al 2022

Time Out Walking Guide

G Thomas

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

Time Out Walking Guide:

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