

# The 6 Metrics

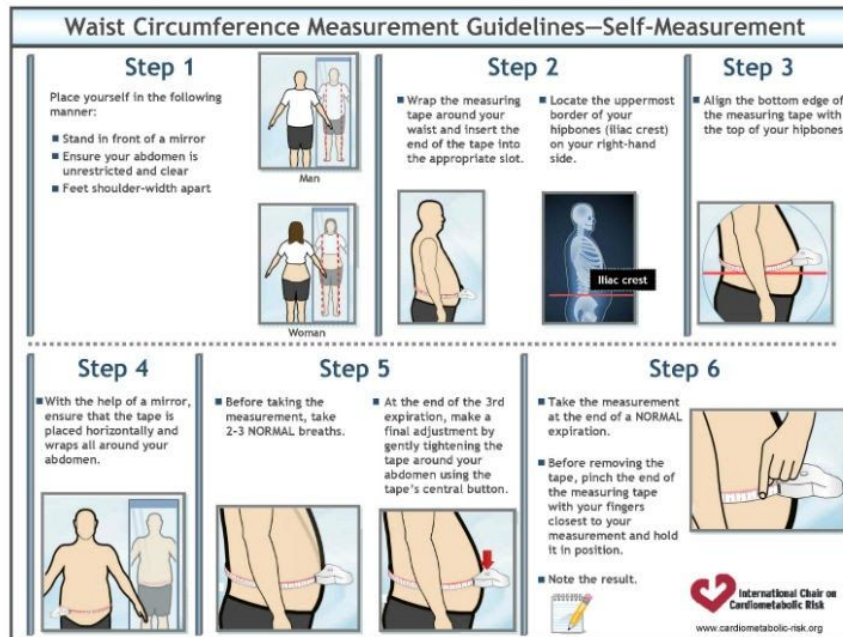
## How to Assess Your Health & Fitness After 50 Years Old

### 1. Waist to Height Ratio - Body Fat % Marker

If you only measure one thing, make it waist to height ratio (W/H). It's a direct measurement of how much body fat you're storing and correlates very well with potential adverse health effects such as hypertension, cardiovascular disease, diabetes and stroke. It's easy to measure and track. Get your number (divide your largest waist diameter by your height in inches) and then work to drive it down.



**Your goal is to get your W/H at or below 0.5.** So if you're 6 feet tall (72 inches), you're looking for a waist measurement of 36 inches or less. It can be done. It may take time but this effort will be worth it.

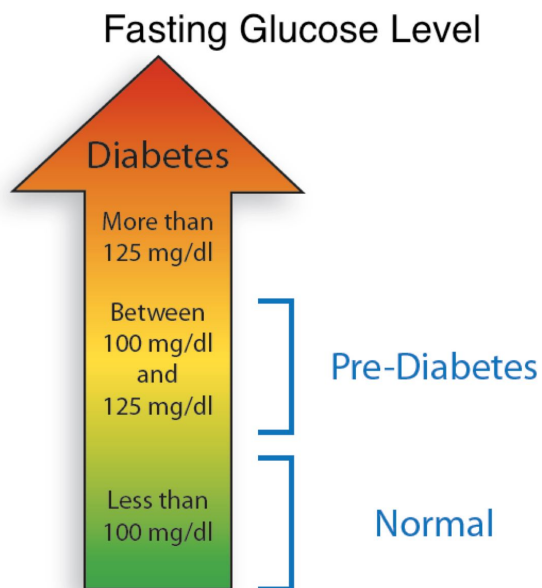


# The 6 Metrics

## How to Assess Your Health & Fitness After 50 Years Old

### 2. Fasting Blood Glucose - Health Marker

[Get a basic blood glucose meter](#) and measure your fasted blood sugar in the morning. Fasting means at least 12 hours since your last meal so measure first thing in the morning. You're looking for a number below 100 micrograms per deciliter and lower is better (around 80 is super good). Just get your number and then drive it down over time.



If your fasting blood sugar is elevated, it's a signal that your system is not functioning properly and you are likely insulin resistant. Straightening out your diet will turn this around over time.

This is a must-do activity. You cannot achieve optimum health without getting your blood sugar under control.

**Goal: Get your number and then drive it down below 100 micrograms per deciliter (and lower). Lower is better.**

# The 6 Metrics

## How to Assess Your Health & Fitness After 50 Years Old

---

### 3. Resting Heart Rate - Aerobic Fitness Marker

Resting heart rate is your heart rate when not performing any physical activity – you are at rest. Measure it first thing in the morning.

Essentially, the lower the resting heart rate is the more efficient your heart functions. A low resting heart rate is also a signifier of better cardiovascular fitness.

High heart rate at rest is linked to a higher risk of death even in physically fit healthy people, according to research findings. The good news is, no matter what your resting heart rate is, you can improve it and in turn improve your heart function.

**Goal: Get your number and then work to drive it down over time.**

Resting heart rate chart for men							
Age in Years	Heartbeats Per Minute						
	Athlete	Excellent	Good	Above Average	Average	Below Average	Poor
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+

The numbers are similar for women.

# The 6 Metrics

How to Assess Your Health & Fitness After 50 Years Old

---

## 4. Dead Bar Hang - Strength Marker

Hang from a bar for as long as you can. That's your baseline number. Try to improve it over time.

**Goal: 30 second minimum hang time. Longer is better because stronger is always better.**

Studies have correlated grip strength as a stronger association with cardiovascular disease than blood pressure and physical activity. This means that using grip strength (stronger is better) is a better predictor for future cardiovascular health than what doctors normally use to assess your health (blood pressure, activity level, BMI, etc.)

Always remember, **Strength Solves All Problems**. Getting stronger, building muscle makes everything better.



# The 6 Metrics

## How to Assess Your Health & Fitness After 50 Years Old

---

### 5. Full Squat - Mobility Marker

>> Place bare feet shoulder width apart and parallel.

>> Squat as deeply as you can without allowing your feet to turn out.

>> Hold as long as you can and time it.

#### Goals:

>> **Hips below knees.**

>> **Hamstrings in contact with calves.**

>> **Able to hold for 1 minute minimum.** You should aim to develop the ability to stay in this position for 10 minutes.



# The 6 Metrics

## How to Assess Your Health & Fitness After 50 Years Old

---

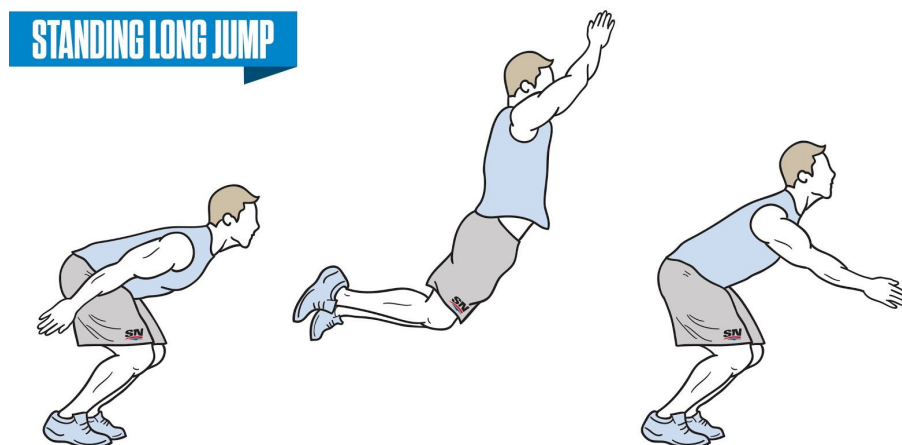
### 6. Standing Broad Jump - Power Marker

Being able to produce force quickly is a measure of power. Jumping is an explosive measure of your lower body strength and it indicates a relative measure of your type II or fast twitch muscle fiber.

The main driver of aging is loss of muscle mass through sarcopenia (muscle wasting) and the loss of fast twitch muscle is especially destructive. You want to maintain (or regain) muscle mass and your fast twitch fiber is of critical importance.

**Warning: Be careful here. Don't violate Rule #1 - DFYU (Don't Eff Yourself Up).** Warm up, take your time, jump easily for many jumps before trying to get your number.

**Goal: Your goal is to get a jump that is greater than your height in inches.** If you're 6 feet tall, you want a broad jump of > 72 inches.



# The 6 Metrics

How to Assess Your Health & Fitness After 50 Years Old

---

Want Some FREE Bonus Fitness Guides?

[Just click here to get access to four free guides:](#)

1. Burn the Flab in 60 Days
2. How to Build Lean Muscle
3. Six Foods You Should Be Eating
4. Are You Tired and Wrinkly?

Click the Button Below to get your FREE Guides



# The 6 Metrics

How to Assess Your Health & Fitness After 50 Years Old

---

## Contact the Old Spartan



Mark Fickler, Over-50 Fitness Savior &  
Creator of The Spartan Method

By email:

[mark@oldspartanfitness.com](mailto:mark@oldspartanfitness.com)

[oldspartantraining@gmail.com](mailto:oldspartantraining@gmail.com)

By phone:

<https://calendly.com/old-spartan/free-call>

Social Media:

<https://www.facebook.com/OldSpartan>

<https://www.linkedin.com/in/markfickler/>