

# ARE YOU MAN—OR OLYMPIAN?

How Average Joes and Janes Compare to World's Best Athletes

## PHYSIQUE

Height, Weight, and BMI



Average US Olympian

Average American

6'1"  
168 LBS  
22 BMI



5'10"  
195 LBS  
29 BMI

5'8"  
148 LBS  
23 BMI



5'4"  
165 LBS  
29 BMI

**Are Olympians really a cut above?** Well, yes. Between all the rowers and swimmers—and the basketball players too—members of the US Olympic team are almost four inches taller than average American adults.

## SPEED

Short Distance—Maximized Velocity



Olympic Champion

Average Person

23.4 MPH



11.5 MPH

20.6 MPH



10.7 MPH

Long Distance—Marathon Times

Champion Marathoner

Avg. US Marathoner

2:19 hours



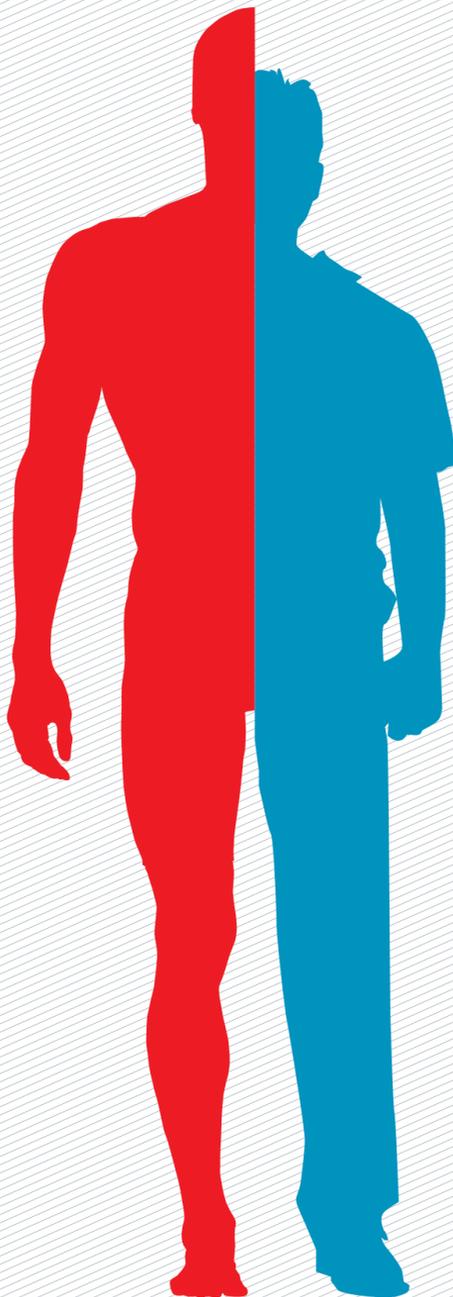
4.16 hours

2:46 hours



4.42 hours

**When racing an Olympian, be prepared to get lapped.** The average time to complete a marathon also has gotten slower as more runners participate in recreational races. In 1980, the average U.S. man completed a marathon in 3:32.



## FITNESS

Resting Heart Rate



Champion Heart Rate

Average Heart Rate

28 BPM

72 BPM

**Olympians may have more 'heart'—and lower heart rates, too.** 1996 cycling gold-medalist Miguel Indurain's resting heart rate has been measured at 28 beats per minute. A benchmark for health adults is 72 beats per minute.

## TRAINING

Average Miles Run per Week



Olympic Marathoner

Recreational Runner

97.3 miles



29.5 miles

84.9 miles



23.0 miles

**How do you get to the Olympics?** The same way that you get to Carnegie Hall: practice, practice, practice. The average recreational runner in the U.S. runs about 4 days per week; Olympic-caliber marathoners run every day, and often twice.

## REFLEXES

Reaction Time in Seconds



Champion Reaction

0.136

Regular Reaction

0.28

**An Olympian effort means little if it happens too late.** Nine-time Olympic gold-medalist Carl Lewis recorded a reaction time of 0.136 seconds in the 1988 100-meter dash—a race he won by only 0.05 seconds.

## 100 METERS—HEAD TO HEAD

How Average Runners Fare Against The Champs

19.58 seconds: Average Male



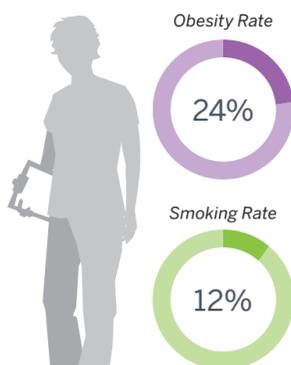
9.58 World Record: Usain Bolt



20.96 seconds: Average Female

10.92 Personal Best: Allyson Felix

## Who's Healthiest in the Hospital?



**Nurses** may be the chief caregivers in the hospital but often fail to take care of themselves; more than two-thirds say they don't get sufficient exercise each week, partly because many RNs work long shifts with little physical exertion. However, only 17% of nurses in a recent survey picked exercise as their preferred way to release stress. The other stress release tactic that got 17% of the vote? Eating.



**Physicians** tend to be fitter and healthier than the general population and many of their hospital coworkers, too. Only 4% of physicians smoke and about half exercise at least three times per week. But while doctors may take top honors in the hospital, they still have a long way to go. In one survey, 53% of doctors said they lived with moderate to severe stress and about 37% of physicians had more than five drinks per week. And tellingly, about 40% of doctors don't have a PCP of their own.



**Patients'** obesity continues to rise but it isn't the only problem. This year's Health Care Advisory Board national meeting included stark data about concerning population health trends. About 78% of hospitalized adults have multiple chronic conditions, and their rate of diabetes is growing at twice the rate of U.S. population growth.

