

$$\text{Male : } 6\text{MWD(m)} = 233.205 + (4.31 \times \text{height}) - (4.01 \times \text{age} + 6.14 \times \text{BMI}), r^2 = 0.33.$$

$$\text{Female : } 6\text{MWD(m)} = 285.011 + (1.041 \times \text{height}) - (0.678 \times \text{age} + 2.189 \times \text{BMI}), r^2 = 0.328.$$