Women: $Y = 1.17 \times \exp(0.09 \times X)$; $R^2 = 0.71$

Men: $Y = 207 \times \exp(0.06 \times X)$; $R^2 = 0.73$

Total: $Y = 217 \times \exp(0.07 \times X)$; $R^2 = 0.77$