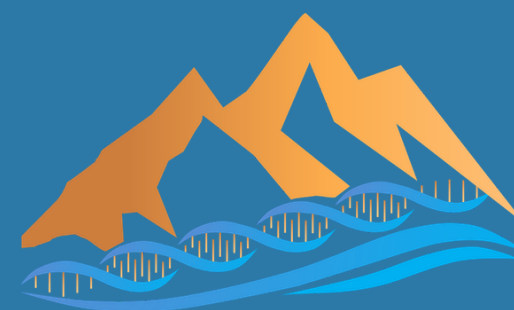




# UNDERSTANDING BIOLOGICAL AGE



## What is biological aging?

Biological aging refers to how old your body functions, not how many years you've lived.

Two people can be 50 years old (chronological age) but have very different biological ages, one may have a body that looks and performs like 40, another like 65.

# 2

## Why does it happen with age?



Chronological aging = time since birth



Biological aging = wear and tear of cells, tissues, and organs

It reflects:

- Lifestyle
- Environment
- Stress
- Nutrition
- Physical activity
- Genetics

Non-exhaustive list

👉 **Biological aging is a better predictor of health than birthday candles.**



Non-exhaustive list

# 4

## Why does biological aging matter?

Faster biological aging is linked to higher risk of:

**Heart disease**

**Diabetes**

**Cancer**

**Cognitive decline**

**Shorter lifespan**

**Weaker immune system**




Non-exhaustive list

👉 **Slower biological aging is associated with longer life and better healthspan.**



# 6

## How do we measure biological aging?

-  Epigenetic clocks based on DNA methylation patterns
-  Blood biomarkers such as inflammation, cholesterol, glucose, organ function
-  Physical markers like muscle strength, walking speed, lung capacity

**These combined can estimate how fast your body is aging.**

Can we reduce  
biological aging?

**Yes!** Research shows aging  
speed is **modifiable**.



# 8

## Key strategies to reduce our biological aging



Healthy diet rich in plants, fiber, healthy fats.



Regular physical activity especially strength + cardio



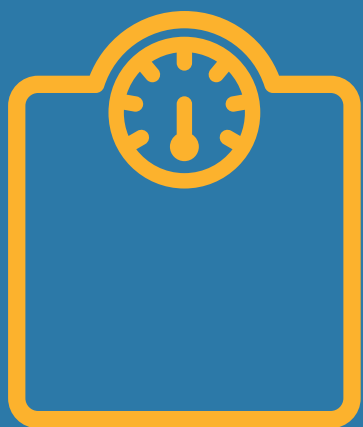
Good sleep



Stress management



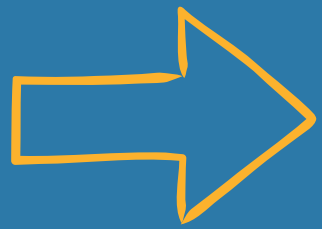
Avoid smoking & excess alcohol



Maintain healthy weight

**Small daily habits make a big difference over time.**

## The Big Message



You can't stop time.  
But **you can influence how your body ages.**



Chronological age keeps going up.



Biological age can be measured and slow down.

Cutting-edge research is  
reshaping how we understand  
and slow biological aging.

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The LIRM is a non-profit  
organisation dedicated to  
**improving patients quality of life**  
in the areas of **neurodegeneration**  
**and aging.**

