



What's Your Biological Age?

TAKE THE 10 MINUTE QUIZ

Biological age, also known as physiological age or functional age, is a measure of how well your body is functioning and how it compares to the typical age-related changes in health and physical capabilities.

Your chronological (true) age is the number of years since your birth.

They can often differ, where your body is younger than your years or it may be older than a person of the same true age as you.

Biological age is not typically measured by a single number like chronological age. Instead, it is assessed through a combination of various health markers , which may include:

Flexibility Balance Skin Elasticity
Height Vision

Taking the quiz every month will make you more aware of problem areas and allow you to take some steps to manage the issues

Flexibility

THE WIDER THE RANGE OF MOTION IN YOUR JOINTS, THE YOUNGER YOUR BIOLOGICAL AGE.

TEST THE FLEXIBILITY IN YOUR LOWER BACK AND HAMSTRINGS.

WARM YOUR MUSCLES WITH STRETCHES FOR A FEW MINUTES EG. BRISK WALKING, BEFORE STARTING– REMEMBER TO BE GENTLE



1. Extend a tape measure (at least 1m) on the floor, and sit with legs outstretched so your heels align with the 38cm (15in) mark and the 'zero' end is near your bottom.
2. Reach arms forward, along the measure, until you can't go any further, and note where your hands land.
3. Repeat twice and work out your average reach.

Reach	Biological Age
Men 50cm (19.5inches) Women 55cm (21.5 inches)	Up to 25
Men 47cm (18.5inches) Women 52cm (20.5 inches)	Up to 35
Men 44.5cm (17.5 inches) Women 51 cm (20 inches)	Up to 45
Men 42cm (16.5 inches) Women 48cm (19 inches)	Up to 55
Men 39cm (15.5 inches) Women 44cm (17.5 inches)	Up to 65

Balance



AS WE AGE, WE LOSE BALANCE FUNCTION THROUGH LOSS OF SENSORY AWARENESS AND THE ABILITY TO INTEGRATE INFORMATION.

WE BECOME LESS ABLE TO TELL OUR MUSCLES WHAT TO DO AND THE WAY WE WALK ALSO CHANGES.

DISEASES ,COMMON IN AGEING POPULATIONS, LEAD TO FURTHER DECREASE IN BALANCE.

1. Start by standing barefoot on a stable surface, near to a wall for stability
2. Shut your eyes then lift one foot several cm off the ground. Time how long you can hold the position without opening your eyes or wobbling
3. Repeat three times on this leg and calculate the average. Repeat on the other leg.

Seconds	Biological Age
28	25-30
22	30-35
16	40
12	45
9	50
8	55
7	60
4	70

Skin Elasticity



AGEING SKIN MAY DRIVE THE PREMATURE AGEING OF OTHER INTERNAL ORGANS.

AS WE AGE OUR SKIN NATURALLY BECOMES LESS ELASTIC AND MORE FRAGILE.

THE PRODUCTION OF NATURAL OILS DECREASES CAUSING LOOSE, SAGGY SKIN AND MORE PRONOUNCED LINES AND CREVICES.

WE BECOME MORE VULNERABLE TO SKIN DAMAGE THROUGH FALLS OR OTHER TRAUMA.

1. Use the thumb and forefinger of one hand to pinch the skin on the back of your other hand for five seconds, then release.
2. Note how many seconds it takes for the skin to settle back completely.
3. Skin elasticity can be affected by medications, hydration, and whether you use hand cream, so keep conditions the same.

Seconds	Biological Age
1-2	Under 30
3-4	30-44
5-9	45-50
10-15	60
35-55	70
56+	70+

Height



OVER TIME THE CUSHIONS BETWEEN OUR BONES
RETAIN LESS WATER AND DETERIORATE, CAUSING US
TO LOSE A FEW MILLIMETERS AT A TIME.

IT IS NORMAL TO SHRINK BY ABOUT ONE INCH AS YOU
AGE

SOME OF THIS
MAY BE AT LEAST PARTLY PSYCHOLOGICAL.

STUDIES SHOW PEOPLE WHO FEEL OLD TEND NOT TO
WALK, STAND OR SIT AS UPRIGHT AS THEY DID
IN THEIR YOUTH.

Just measure your height each month to track whether you're
shrinking – or growing.

Vision



AS WE AGE, THE LENS INSIDE THE EYE BEGINS TO LOSE ITS FLEXIBILITY AND ITS ABILITY TO BRING NEAR OBJECTS INTO FOCUS—
RESULTING IN AGE-RELATED
FARSIGHTEDNESS.

THIS AFFECTS ADULTS BEGINNING FROM
AGE 40.

VISION LOSS AFFECTS
MORE THAN HOW PEOPLE SEE,
AND HAS IMPLICATIONS FOR
PHYSICAL, COGNITIVE, AND MENTAL
HEALTH, HEALTH-CARE ACCESS,
AND INCOME

1. Place one end of a ruler on your cheekbone and hold it sticking out in front of you, horizontal to the floor.
Hold up a business card at the far end of it.
2. Try to read some of the words on the card.
If you can't, find something with slightly larger print and use that.
- 3 Next, slowly slide the card toward you and make a note(cm) of the distance at which the words on the card start to become blurry.

Vision

The closer you can get the card to your face and still read it, the lower your biological age in this area.

Distance	Biological Age
5cm (2 inches)	Up to 5 years old
10cm (4 inches)	Childhood to 20
20cm (8 inches)	Early 20's to around 40
40cm (16 inches)	Early 40's to early/mid 50's
40cm (16 inches) plus	Mid 50's plus