

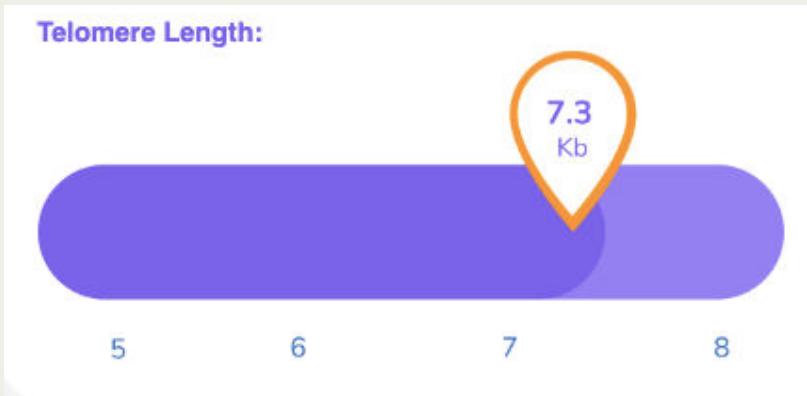
EXECUTIVE SUMMARY

YOUR BIOLOGICAL AGE IS: 44

Real age, or biological age refers to how old our cells behave. It's a good thing if they behave younger! While our chronological age refers to how many years we've been alive, the true marker for how healthy we are is our biological age.

You are **6 years younger**, cellularly, than your chronological age!

YOUR TELOMERE LENGTH IS **94%** LONGER THAN AVERAGE FOR YOUR AGE



Longer telomeres generally indicate cells that have undergone fewer divisions, which is often associated with younger, healthier cellular function. This is why telomere length is sometimes used as a rough indicator of cellular age.

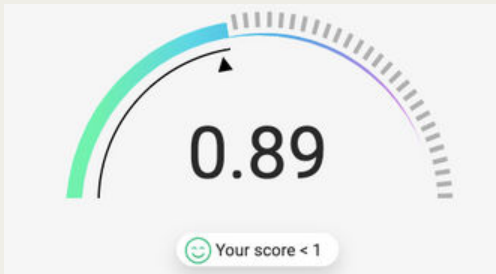
EXECUTIVE SUMMARY

YOUR MAX VO₂ IS **43** WHICH IS **84.5%** BETTER THAN YOUR AVERAGE AGE GROUP

Max VO₂, or maximal oxygen uptake, is crucial for aging because it measures the body's ability to use oxygen efficiently during exercise—a key indicator of cardiovascular fitness and overall health. Based on your intake form, you exercise 6 days a week, and have 2-3 days a week of cardiovascular activity. Your exercise regimen is positively impacting your pace of aging and oxygen uptake.

Higher max VO₂ levels are linked to a lower risk of age-related diseases, improved functional capacity, and increased lifespan.

YOUR DUNEDINPACE TEST IS **0.89**



DunedinPACE – this test provides you with the pace of your aging. For every year, your body is aging at .89 years. This is excellent and means you are in the top 11% of your age group for your overall page of aging.

Created by Columbia University and Duke University researchers, and supported by more than [45 studies](#) at 30 research labs across the world, DunedinPACE is the most accurate epigenetic test available with an ICC score > 0.96. It is also not a corporate “black box” algorithm, as many commercial tests unfortunately are.

According to the NIH, “DunedinPACE is derived from analysis of longitudinal data collected from a cohort of individuals who are all the same chronological age. It reflects differences between those individuals in the rate of deterioration in system integrity occurring over a fixed time interval, age 26 to age 45 years.”