



J.B.BODA



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Health - Your Ultimate Wealth

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Same Age. Different Stories.

Understanding What Your Biological Age Reflects About Your Health

Have you ever looked at a colleague who seems younger, fitter and full of energy, only to realise they're actually the same age as you?

Two people can be the same age on paper and feel very different in their bodies. One may climb four flights of stairs without thinking twice, while the other is already looking for the lift. One sleeps well, stays active and recovers quickly. The other feels tired more often than not.

The difference isn't simply genetics. It is also how the body has aged.



Chronological Age Vs. Biological Age

Your **chronological age** is simply the number of years you've lived. But your biological age reflects how well different systems in your body are functioning compared with what might typically be expected at your age.



So, are We Ageing, or Are We Ageing Well?

This is where health span comes in: the years of life spent in good health, with the physical and mental capability to live independently and do the things that matter to us.

5 Factors Behind The Clock Of Healthy Ageing



1. Muscle & Strength

Maintaining muscle strength supports mobility, independence and metabolic health as we age.



2. Cardiovascular Fitness

Your heart and lungs are powerful predictors of how well your body performs over time. Aerobic fitness is considered as an important marker of healthy ageing.



3. Metabolic Health

Blood sugar regulation, insulin sensitivity, blood pressure, cholesterol and body composition can influence long-term health.



4. Sleep & Recovery

Your body performs maintenance work while you sleep. Poor or insufficient sleep can affect metabolism, mood, cognition and recovery.



5. Stress & Emotional Resilience

Ageing isn't just happening in your cells. Chronic stress can influence multiple physiological systems, making recovery & emotional wellbeing part of longevity.

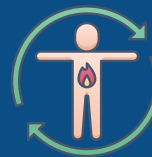
The Clues Your Body Leaves Behind



VO₂ Max

It tells you how well your heart, lungs and muscles work together to use oxygen when you exercise.

A higher VO₂ max generally means better cardiovascular fitness and more physical capacity as you age.



Inflammaging

It refers to a gradual, low-level inflammatory state that can develop in the body as we age.

It matters because persistent inflammation can affect different organs and contribute to several age-related health problems.

Can You Actually Change Your Biological Age?

To an extent, yes.

You cannot stop chronological ageing — but many factors associated with biological ageing are modifiable.

Forget the number on your birthday cake for a moment.



Ask yourself: Can I...



Climb a few flights of stairs without excessive fatigue?



Get up from a chair without using my hands?



Sleep well and wake feeling rested?



Recover after periods of stress?



Carry groceries or luggage comfortably?



Move regularly throughout the day?



Keep my blood pressure and blood sugar within a healthy range?



Still do the physical activities I enjoy?

Your answers won't give you an exact biological age. They may, however, tell you what to do to become stronger, fitter and more resilient. Biological age isn't simply a reflection of your choices. It is the result of your environment, behaviour, health and the cumulative experiences of a lifetime.

Ageing Isn't The Enemy

Biological age isn't about trying to stay young or fighting the natural process of ageing. It is to age with strength, health and independence for as long as possible. Because growing older is a part of life. Ageing well is something we can work towards.





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