

MARKERS OF OUR BIOLOGICAL AGE

- **Aerobic capacity**
- **Antioxidant levels**
- **Auditory acuity**
- **Blood pressure**
- **Blood glucose control**
- **Body fat**
- **Bone density**
- **Cholesterol and lipid levels**
- **Hormone levels**
- **Immune function**
- **Metabolic activity**
- **Muscle mass and strength**
- **Skin thickness**
- **Temperature regulation**
- **Visual acuity**