

THE BIOLOGICAL AGE CALCULATOR

Use our Biological Age Calculator to determine how much your body is aging and whether your lifestyle needs to be adjusted. Start by entering your actual age, then answer the following eight key questions, adding or subtracting years based on your answers.

1. WHAT IS YOUR WEIGHT?

- I am overweight and need to lose 14 pounds/6.4kg or more (+2 years)
- I am a little overweight - I would like to lose 7 pounds/3.2kg (+1 year)
- I am thin and in the weight range for my height (-2 years)
- I am underweight (+1 year)

2. WHAT IS YOUR ACTIVITY LEVEL?

- I get at least 150 minutes of aerobic exercise per week and some strength training (-2 years)
- I don't get much exercise, but I try to walk as much as possible and do some beginner yoga or Pilates (no change)
- I do not exercise much (+2 years)

3. WHICH OF THESE STATEMENTS BEST DESCRIBES YOUR DIET MOST OF THE TIME?

- Balanced, mostly fruits and vegetables, with some oily fish, small amounts of meat and very little sugar (-2 years)
- I try to eat well, but sometimes I turn to junk food when I'm stressed or busy (+1 year)
- My diet is not optimal. I have a sweet tooth and eat processed foods (+2 years)

4. REGARDLESS OF HOW MUCH YOU EXERCISE, HOW LONG DO YOU SIT EACH DAY?

- I am largely sedentary and sit for at least eight hours a day (+2 years)
- I sit most of the day, but try to get up and down every hour (no change)

- I am active. I do not have a sedentary job (-2 years)

5. DO YOU SMOKE?

- No, I never did (-2 years)
- No, but I have (no change)
- Yes (+2 years)

6. HOW DO YOU SLEEP?

- I sleep seven or eight hours most of the time and wake up feeling great (-2 years)
- I sleep less than six hours (+2 years)
- My sleep is irregular. I sleep in on weekends, but I sleep less during the week (+2 years)

7. ARE YOU CONSTANTLY STRESSED?

- Yes, but I manage it through meditation, *prayer*, dance classes and talking to friends (no change)
- No, although I do experience occasional temporary stress at work (-1 year)
- Yes, but I find it overwhelming, and it affects my mood a lot (+2 years)

8. HOW MUCH ALCOHOL DO YOU DRINK?

- Less than 14 units (one unit = one small glass of wine) per week, with a few alcohol-free days (-1 year)
- I drink every day and consume more than 14 units per week (+2 years)

Taken from: [Health Age Calculator | Biological Age Calculator](#)
([calcuworld.com](#))



Your health is in your hands, so take charge today!

Maritime Health Ministries of the Seventh-Day Adventist Church