



# TOP 10 TAKEAWAYS

## Bio-Age: What Is It—and Why Does It Matter?

### 1. Age is more than a number

Chronological age tells us how many years we have lived; biological age looks at how the body is aging in relation to health and function.

### 2. Focus on how you are aging

Two people of the same age can have very different levels of vitality, strength and overall function.

### 3. Healthy aging is more than appearance

Aging involves what is happening inside the body—including cellular, structural, metabolic, brain and gut health.

### 4. The five pathways work together

Musculoskeletal, cellular, cardio/metabolic, cognitive, and nutrient absorption/gut health are connected—not separate checkboxes.

### 5. Strength and mobility matter

Supporting muscle, balance and mobility can help us stay capable and continue doing the things that matter to us.

### 6. The basics still matter

Nourish your body, move regularly, rest, connect with others—and build habits you can actually repeat.

### 7. Consistency beats perfection

Healthy aging is built through sustainable choices over time, not by changing your entire life overnight.

### 8. Bio-Age is a framework, not a verdict

A score or assessment can be a starting point for reflection: Where am I doing well, and where is there room to thrive?

### 9. Think in terms of healthspan

The goal is not simply to live longer, but to enjoy more years feeling strong, capable, clear and connected.

### 10. Ask a better question

We cannot change our chronological age, but we can support a healthier, more capable life through the choices we make consistently.

## THE BIG IDEA

Aging is a privilege. Bio-Age gives us a practical way to focus on how we want to feel and function through the years ahead.

**Ferna Majewicz**

[meetfern:majewicz.com](http://meetfern:majewicz.com)

*Educational information only. This handout does not diagnose, treat, cure, or prevent disease.*