

★ Biological Age Calculator: Check Your True Health Age

Biological Age

Biological Age is a concept used loosely, and with little objectivity, to describe a shortfall between a population cohort average life expectancy and the perceived life expectancy of an individual of the same age.

Biomarkers of aging are biomarkers that better predict functional capacity at a later age than chronological age. Stated another way, biomarkers of aging would give the true "biological age", which may be different from the chronological age.

Main Document

"Use the interactive biological age calculator below to estimate your health age and life expectancy based on your lifestyle factors."

Our calendar age is determined by the date we were born. Although we consider this chronological age to be our real age, we often overlook the fact that some people with a chronological age of 50 may be as fit as 30 year olds, yet others have a chronological age of 35, but in terms of their physical condition are 60 yrs old. To determine a person's true state of health, we must examine their biological age. Biological age is calculated on the basis of a person's physical and mental condition - and therefore expresses their true age.

Life Style Habits - The Key to Longevity

"We are what we repeatedly do." - Aristotle. Establish good healthy behaviors and stick to them in order to make your biological age the same or younger than your actual calendar age.

- Don't smoke
- Get plenty of sleep
- Manage your stress level
- Laugh a lot and enjoy your life
- Eat a [diet rich in fruit and vegetables \(/fitness/nutrition/fruits-veggies/colored.php\)](/fitness/nutrition/fruits-veggies/colored.php)
- Cultivate your relationships and social friends
- Keep your blood pressure within the normal range
- Avoid excessive alcohol, sugar, salt, saturated fat and processed carbs
- Reduce environmental poisons such as second-hand smoke and pollution
- Exercise regularly, including strength training and cardio for heart and lungs

Our real age calculator below calculates your approximate health age (biological age) and life expectancy. The lower your age results are then the better your health and lifestyle habits. You may also be interested in our [Average Life Span Expectancy Chart by Country \(/calculators-charts/life-expectancy-statistics.php\)](/calculators-charts/life-expectancy-statistics.php).

Please Note

- The information you provide is completely private - No information is shared with Disabled World or anyone else.
- The calculator results may not be complete, accurate or suitable for your purposes, and it is not a substitute for professional medical advice. Calculation results assume you do not currently have any serious diseases known to shorten life. Consult with your doctor for any questions you may have about your real age.

Cardio Factors

Your Cholesterol Level ([Chart \(/calculators-charts/cholesterol-chart.php\)](/calculators-charts/cholesterol-chart.php))

Choose ▼

Blood pressure ([Chart \(/calculators-charts/bloodpressurechart.php\)](/calculators-charts/bloodpressurechart.php))

Choose ▼

Do You Smoke (Quit!)

Choose ▼

Family History

Choose ▼

Your Body Fat Percentage ([Chart \(/calculators-charts/body-fat-calculator.php\)](/calculators-charts/body-fat-calculator.php))

Choose ▼

Your Gender & Build

Choose ▼

Your Stress Factor

Choose ▼

Your Physical Activity Level

Choose ▼

Medical Conditions

Medical Tests ([blood pressure \(/calculators-charts/bloodpressurechart.php\)](/calculators-charts/bloodpressurechart.php), [glaucoma \(/disability/types/vision/glaucoma/\)](/disability/types/vision/glaucoma/), [diabetes \(/health/diabetes/\)](/health/diabetes/))

Choose ▼

Heart Problems

Choose ▼

Lung Condition

Choose ▼

Digestive System

Choose ▼

Diabetes (/health/diabetes/)

Select one ▼

Medications

Choose ▼

Medical (Females Only)

Female Health care

Women only ▼

Birth Control Pill

Women only ▼

Personal Life

Longevity

Choose ▼

Your Race

Choose ▼

Education Level

Choose ▼

Sleep Habbits

Select one ▼

Eating Habbits

General Diet

Choose ▼

Eat Breakfast

Choose ▼

Regular Meals

Choose ▼

Alcohol Consumption

Choose ▼

General Psychological

Happiness Level

Choose ▼

Depression Levels

Choose ▼

Anxiety & Panic Attacks

Choose ▼

Meditation & Relaxation

Choose ▼

Your Love Life

Select one ▼

Work Satisfaction Level

Select one ▼

Your Social Life

Select one ▼

Safety Conscience

Amount of Driving

Choose ▼

I Use a Seat Belt

Choose ▼

Are You an Adventurer

Choose ▼

Enter Your Age Below & Click Calculate

Calculate OR

Your Results are Below Typical Life Expectancy Your Life Expectancy Your Health Age

Itemized Scores in Yrs Cardio Medical Personal Life Diet Psychological Safety Total

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