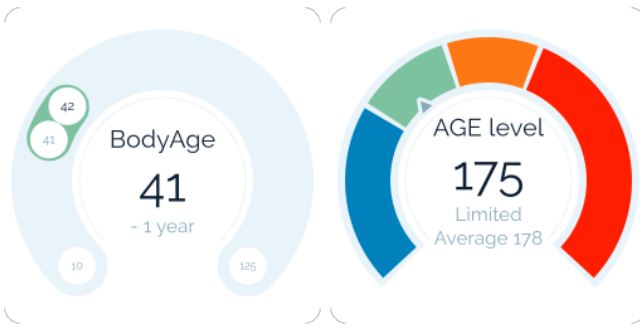


Date: 2/12/2026

## Tom Smit

Birthdate: 2/10/1984



You're in the **15%** of your age group.

The result is **2%** below the average age level score for 42 year olds.

### Interpretation

Your AGE level falls within the normal range for your age, and your biological age matches what is typically expected. There is nothing to worry about here. Your current pace of aging appears stable, and continuing your balanced routines can help preserve this steady pattern over time.

### Manage your AGE levels

#### 2. Nutrition and diet quality

Avoid taking food that contains AGEs like caramel, roasted meat, full fat cheese, baked goods high in butter and sugar and deep fried, starchy, products

#### 5. Stress management

Sauna visits

#### 9. Managing chronic low-Grade inflammation

Optimize diet, activity, stress, and sleep together.

#### 3. Physical activity

Moderate exercise (walking, swimming, cycling) 20–30 min most days.

#### 8. Gut microbiome health

Incorporate fermented foods.

#### 10. Supplementation

Berberine

### Extra tips

As therapist you can add your own tips and advice for your client.