



Your next steps to feeling your best

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Latest Analysis (Apr 9, 2026) ▾

You have 7 analyses. Select one to view its details.

Hello Alex B.!

You're ahead, see what works

Support your biology and improve your bio age over time.

Bio age

You are 7 years younger than your birthday age

34 - 36

Potential
(in 6-9 months)

36 - 38

Bio age

44

Birthday age



Alex, your profile shows a clearly younger-than-chronological biology, driven by low inflammation, excellent lipids, solid glucose control, and strong liver-kidney and oxygen-transport markers. The next step is to protect

Focus area:

Preserve low inflammation and favorable lipids, maintain tight glucose control, support liver–kidney resilience, and build cardiorespiratory fitness and muscle strength to match your internal age.

Time frame: 6-9 months

these advantages long term while adding small upgrades in fitness, nutrition quality, and recovery. This plan focuses on consolidating your strengths so you age slowly and maintain high performance.

Estimated bio age progress *

Just started tracking



FROM: 36-38

TO: 34-36

*This trajectory shows your potential of reducing your bio age based on your self reporting using the tracking board below. It is a not a biological report.

YOUR PERSONALIZED PLAN

A personalized plan built from your blood test, targeting biomarkers individually, designed to help you live stronger, younger, longer.

[Skip to your Tracking Board](#) ↓

1. Inflammation & Immune Function (ESR) ^

Why it matters:

Your ESR is very low, which is excellent and strongly linked to slower biological aging. The priority is not to lower it further but to keep systemic inflammation suppressed over decades, especially as life stress, sleep loss, or weight gain could push it up and erode your current advantage.

Recommendations:

- 🍷 Prioritize an anti-inflammatory Mediterranean-style pattern most days
 - Base meals on vegetables, fruits, legumes, whole grains, nuts, and olive oil
 - Include oily fish (sardines, maquereau) 2–3 times per week for omega-3s
- 📅 Keep a consistent sleep window to stabilize immune and inflammatory signaling
 - Aim for 7–8 hours in bed with regular bed/wake times
 - Limit screens and intense work in the last 60 minutes before sleep
- ❌ What to avoid: chronic low-grade inflammation triggers
 - Avoid daily ultra-processed snacks, sugary drinks, and frequent take-away fast food


- Limit alcohol-heavy evenings and smoking/vaping, which can raise inflammatory markers over time

2. Lipid Profile & Cardiovascular Risk ^

Why it matters:

Your triglycerides are low and HDL is high, a cardioprotective combination that aligns with a younger vascular age. Maintaining this profile while you age will significantly reduce long-term heart and stroke risk, so the focus is on reinforcing habits that keep LDL controlled and HDL high without drifting toward weight gain or inactivity.

Recommendations:

 Maintain regular aerobic activity to support HDL and vascular health

- Target at least 150 minutes per week of moderate cardio (brisk walking, cycling along the Seine, light jogging)
- Include some sessions that raise your heart rate and breathing but still allow conversation

 Use heart-healthy fats and fiber at most meals

- Prefer extra-virgin olive oil, nuts, and seeds over butter and cream
- Include soluble fiber sources like oats, lentils, and apples to support LDL control

 What to avoid: lipid-worsening dietary patterns

- Avoid frequent charcuterie, pastries, and deep-fried foods as everyday staples
- Limit large late-night, high-fat meals that combine alcohol, refined carbs, and saturated fat

3. Metabolic Health (Fasting Glucose) v

Why it matters:

Your fasting glucose sits in the lower reference range, indicating good insulin sensitivity. Preserving this as you move through your 40s is crucial to prevent creeping weight gain, fatigue, and cardiometabolic...

4. Liver & Kidney Function v

Why it matters:

Your liver enzymes and kidney filtration are in a healthy range, reflecting good detoxification and metabolic capacity. These organs often decline silently with age, alcohol, medications, or excess weight,...

5. Hematologic Profile & Oxygen Transport v

Why it matters:

Your red blood cell count, hemoglobin, and hematocrit are all robust, supporting strong oxygen delivery for physical and cognitive performance. Maintaining this profile will help you tolerate higher training loa...

Target in 6-9 months

	Current	Target
Biological Age	36-38	34-36
Inflammation marker (ESR)	2 mm	Maintain in low-normal range (<10 mm)
Triglycérides	0.55 mmol/l	Maintain <1.0 mmol/l
HDL cholestérol	1.76 mmol/l	Maintain >1.5 mmol/l
Glucose à jeun	4.33 mmol/l	Maintain 4.1-4.8 mmol/l
DFG (CKD-EPI, non afro-américain)	91 ml/mn/1,73m2	Maintain ≥90 ml/mn/1,73m2



Alex, your journey to a healthier biological age is well underway. You already have a biological profile that many people in their 40s would envy, and the habits in this plan are designed to help you keep that advantage for years. Focus on making these routines feel natural rather than perfect. Small, consistent choices in movement, food, sleep, and recovery will compound into a slower, healthier aging trajectory.

Remember, consistency is key, and every small step counts towards a healthier you.

YOUR TRACKING BOARD

Journey began Apr 19, 2026

DAILY HABITS

Send daily reminders Off

< Today >

These are daily habits to incorporate into your routine for optimal health.

[Select all](#)



Check box when done, to better track your progress



Walk briskly or cycle for at least 30 minutes most days

Any



Supports HDL, glucose control, and vascular health.

NUTRITIONAL TIPS

Specific nutrition guidance tailored to your biomarker results and location.

Carbohydrates

Favor a Mediterranean-style plate built around vegetables, legumes, and whole grains.

e.g., Ratatouille with lentilles du Puy and whole-grain baguette, Salade de pois chiches with tomatoes, onions, and olive oil, Quinoa taboulé with plenty of herbs and vegetables



Base each meal on vegetables, quality protein, and olive oil

⌚ Any

Stabilizes glucose and keeps inflammation low.



Drink 1.5–2 L of water or unsweetened fluids

⌚ Any

Supports kidney filtration and blood viscosity.



Keep a consistent 7–8 hour sleep window each night

⌚ Evening

Helps regulate inflammation, hormones, and recovery.



Avoid sugary drinks and dessert-like snacks on most days

⌚ Any

Prevents repeated glucose and triglyceride spikes.



Getting closer to your potential bio age:
You are **5 actions** away from hitting your daily goal

WEEKLY HABITS

Send weekly reminders On

< 📅 Week 1 (Apr 19 - Apr 25) >

These are weekly habits to incorporate into your schedule for long-term health.

[Select all](#)



Check box when done, to better track your progress



Do moderate cardio sessions (brisk walking, running, cycling) for 30–45 minutes
e.g. Monday, Wednesday

📅 3x /week

Supports HDL, glucose control, and endurance.



Strength train focusing on major muscle groups
e.g. Tuesday, Friday

📅 2x /week

Improves insulin sensitivity, muscle mass, and functional capacity.



Include oily fish or seafood in meals
e.g. Tuesday, Thursday

📅 3x /week

Provides omega-3s that lower inflammation and support heart health.



Plan at least one fully alcohol-free long weekend stretch
e.g. Friday, Saturday

📅 1x /week

Gives the liver recovery time and reduces inflammatory load.

> This pattern keeps inflammation low and supports stable glucose and lipids.

Fats

Use extra-virgin olive oil as your main added fat instead of butter or cream.

e.g., Olive oil from Provence for cooking and salads, Vinaigrette maison with olive oil and mustard, Bruschetta-style tartines with olive oil and tomatoes

> Monounsaturated fats improve HDL and reduce cardiovascular risk compared with saturated fats.

Protein

Include oily fish or seafood several times per week for omega-3s.

e.g., Grilled sardines at a brasserie, Maquereau grillé with lemon and herbs, Saumon or truite from French supermarkets baked with vegetables

> Marine omega-3s help maintain low inflammation and protect arteries.

Fiber

Choose high-fiber starches over refined white bread, pasta, and pastries.

e.g., Pain complet or pain aux céréales instead of white baguette, Whole-wheat pasta or riz complet with sauces, Oatmeal (flocons d'avoine) for breakfast instead of croissants

> Fiber slows glucose absorption and helps keep LDL and triglycerides favorable.

Fats

Limit charcuterie, fatty meats, and rich cream-based dishes to occasional treats.

e.g., Reduce frequency of saucisson, rillettes, and pâté apéritifs, Choose poulet rôti or grilled fish instead of entrecôte with cream sauce, Keep tartiflette or raclette for rare winter occasions

> High saturated fat and salt can worsen lipids and strain liver and kidneys over time.

Carbohydrates

Keep sweets and desserts small and preferably after a balanced meal, not alone.

e.g., Share a small crème brûlée or moelleux au chocolat after dinner, Enjoy a square or two of dark chocolate instead of a full pastry, Have fruit and plain yogurt with a drizzle of honey

> Combining sweets with protein and fiber blunts glucose spikes.



Limit rich restaurant or fast-food meals to special occasions
e.g. Saturday

📅 1x /week



Prevents regular overload of saturated fat, sugar, and calories.



Schedule a relaxing activity to manage stress
e.g. Monday, Thursday

📅 3x /week



Chronic stress can raise inflammation and disturb glucose control.



Getting closer to your potential bio age:
You are **6 actions** away from hitting your weekly goal

Micronutrients

Emphasize iron- and B12-rich foods to support your strong blood profile.

e.g., Lean steak with haricots verts, Lentil and vegetable stew with a small portion of beef, Oeufs cocotte with spinach and whole-grain bread

> **Adequate iron and B12 help maintain hemoglobin and energy levels.**

Hydration

Avoid sugary drinks as a routine thirst-quencher; choose water or unsweetened options instead.

e.g., Eau gazeuse like Perrier or Badoit with lemon, Unsweetened thé or café noir, Diluted fruit juice (1/3 juice, 2/3 water) only occasionally

> **Liquid sugar rapidly spikes glucose and triglycerides without satiety.**

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