

Biological Age: 54

Current Wellbeing Age: 52.6

Sugar: No detrimental effect

Raised blood sugar has a detrimental effect on most systems in the body.

On the basis of your value of 33 mmol/mol your blood sugar is managed quite poorly and in this case it adds 11 years to your 'Current Wellbeing Age'.

Stream: No detrimental effect

The diastolic blood pressure - the lower number - is a trusted gauge of the 'pressure' on the cardiovascular system.

On the basis of your value of 70, the pressure in your blood vessels is at a healthy level that doesn't strain these structures excessively.

Strength: 4.5 year subtracted

The strength of your grip is a reliable way to assess your overall muscle strength.

On the basis of your score of 53, your strength is that of a healthy 45-year-old man. This result is therefore up on the expected for your age and therefore subtracts from your 'Current Wellbeing Age'. However, for this measure it is unrealistic to subtract the full difference and this is therefore halved for the purposes of your 'Current Wellbeing Age'.

Structure: 3.1 years added

The amount of abdominal fat has been shown to have greater effect on overall health than fat in any other region.

Your 134 cm waist circumference is well above the recommended range and therefore adds 3.1 years to your 'Current Wellbeing Age'.

Spark: 3 years added

The ability to balance on one leg is closely associated with your general ability to coordinate your body and among other things prevent falls, which can cause a lot of other problems to develop.

Your average value from your three attempts was 5.3 seconds and this is average for a healthy 60-year-old man. This result is therefore down on the expected for your age and therefore adds to your 'Current Wellbeing Age'. However, for this measure it would be unrealistic to subtract the full difference and this is therefore halved for the purposes of your 'Current Wellbeing Age'.

Smoking: 2 years added

Smoking remains the most detrimental habit for your wellbeing. However, stopping smoking will relatively quickly begin to reverse the effects amassed over the years you smoked.

Your smoking history affects your 'Current Wellbeing Age' by potentially adding 4 years to it. However, because you have stopped smoking 13 years ago, this has had the effect of halving this amount.

Sitting: No detrimental effect

Continuous sitting literally encourages 'pooling' of blood and other fluids in the body. It is therefore associated with slowing down of circulatory and digestive function. This in turn has more general health effects.

In your case you don't sit continuously for long enough in a day to have any detrimental effect on your health.

Spirit: No detrimental effect

A small and regular intake of alcohol is generally considered to be associated with health benefits - whereas alcohol in excess is invariably not a healthy habit.

Your average weekly intake of 2 units is below the maximum recommended number and therefore does not add to your 'Current Wellbeing Age'.

Social: 6 year subtracted

A good social network is associated with longer and happier living.

The fact you are able to relate to more than one person on a regular basis subtracts 6 years from your 'Current Wellbeing Age'.

Sleep: 1 year added

There is no better way to recover from both physical and psycho-emotional stress than getting good quality sleep on a regular basis.

Your average sleep of 5 hours per night is lower than recommended and therefore adds 1 year to your 'Current Wellbeing Age'.