

# REAL EMPLOYEE STRENGTH

May 2011

Strength Through Health

## Strengthen Your Health Age

**Age is just a number, right?** Not exactly. How old or young a person feels has a huge influence on their health. Feeling young can actually make you look young and have the health of a younger person, too.

**Chronological Age** is how old you are according to the calendar—counting began the day you were born.

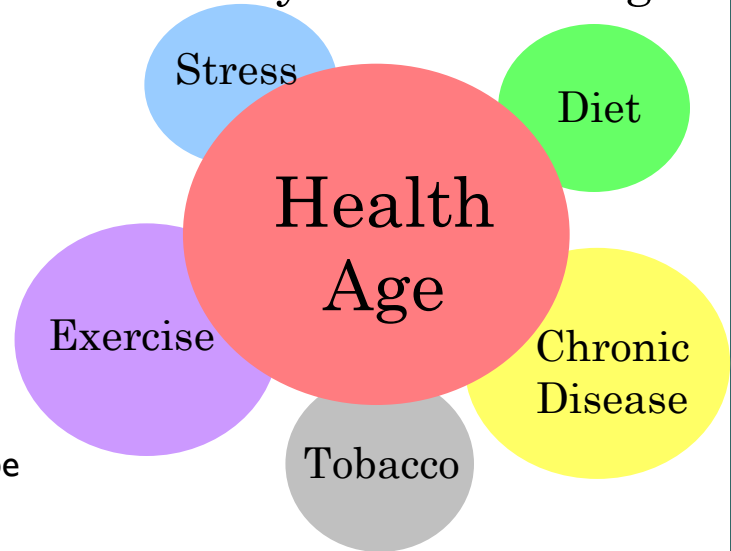
**Biological Age** is more complex and measures the age that your body seems to be (and how healthy you are)—determined by genetics, environment and lifestyle.

There's nothing you can do about your chronological age, but there's a great deal you can do about your biological age.

### **\$trengthen Your Health \$avings**

How old you are on the outside isn't necessarily an indicator of your inner age. To find out your biological age, visit [www.exrx.net/Calculators/HealthAge.html](http://www.exrx.net/Calculators/HealthAge.html) and see what you can do to improve it.

What is your *health* age?



### **Take Home Message**

Lifestyle changes can slow down, and even reverse, the aging process. A healthy diet, exercise, and quitting smoking, can all add years to your life. Who says you can't turn back time?

