We now know the mechanisms of aging, but how do you slow down the process?

It turns out, we all age at varying rates. Super-agers may have great genes, but research shows our habits and routines — everything from what we eat and how we move our bodies to who we spend our time with — matter a lot, when it comes to aging well.

Now, the next frontier is to target the basic biology of aging and come up with new interventions to slow it down.

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[The GrimAge test] predicts biological age. It’s gauging whether your DNA age is younger, or older, than your actual age, known as chronological age. Conjure images of the Grim Reaper? Yep, that’s the idea: The test can estimate how quickly, or slowly, you’re aging.

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Our biological age may be malleable. The hope is that we can slow down our rate of aging — by making changes to lifestyle. Down the line, there may be anti-aging pills or other interventions.

For researchers, the GrimAge test isn’t just a way to estimate DNA age. It’s a tool to study whether interventions can alter it.

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Now, of course, it’s long been known that smoking and eating poorly are bad for you. But researchers can now test specific interventions to see if it’s possible to move the needle.

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