

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.

[**This is an excerpt. Read the full article here**](#)