

BIOAGE

Understanding Biological Age for Healthy Aging

How Functional Movement Supports Long-Term Health Markers

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Your calendar age is fixed, yet biological age can shift based on daily movement choices and recovery habits that influence cellular health.

Biological age provides a systems view of aging by measuring physiological markers that often diverge from chronological years. Evidence links consistent functional fitness and strength practices to more favorable trajectories in these markers, though individual responses vary and research continues to evolve.

What Is Biological Age and Why It Matters

Biological age integrates metrics such as epigenetic patterns, inflammation levels, and physical function to estimate how organs and tissues are performing. Unlike chronological age, it responds to modifiable behaviors like resistance training and aerobic activity, offering a practical lens for tracking progress over decades.

Key Markers Used in BioAge Assessment

Common assessments include grip strength, VO2 max estimates, walking speed, and blood-based indicators like hs-CRP. These reflect muscle integrity, cardiovascular reserve, and systemic inflammation, with stronger correlations to long-term outcomes than single lab values alone.

How Strength and Movement Influence Aging Processes

Regular strength training supports mitochondrial function and muscle protein synthesis, which emerging data connect to slower epigenetic aging rates. Cardio fitness adds complementary benefits for vascular health, though the combined effect appears greater than either alone in observational studies.

Sustainable Ways to Track and Improve Over Time

Focus on gradual increases in load-bearing activities and daily steps while monitoring simple tests like grip strength or timed walks. Reassess markers every six to twelve months to observe trends rather than short-term fluctuations.

Practical takeaways

- Measure grip strength monthly using a handheld dynamometer and aim for gradual improvement.
- Perform two to three full-body strength sessions weekly with movements like squats and rows.
- Track average daily steps and maintain at least 7,000 as a starting point for most adults.
- Schedule annual check-ins with a clinician to review functional tests alongside standard labs.

Safety note

Consult a qualified trainer or physiotherapist before beginning new exercise programs, particularly if you have joint issues, cardiovascular concerns, or limited mobility.

Disclaimer

This educational content is provided for informational purposes only and does not replace personalized medical advice, diagnosis, or treatment from a licensed healthcare professional.

Consistent, moderate habits in movement and recovery offer a realistic path toward supporting healthier biological aging markers.