

THE HEALTH COMPASS SERIES

# Your Biological Age Explained

*Small changes,*

*lasting impact*

**BRYAN COOK**

## Welcome

Congratulations on completing *The Health Compass Biological Age Quiz*. You've just taken the first step toward understanding how efficiently your body is working behind the scenes.

Your **Biological Age Score** is based on how your daily habits influence key systems like energy, sleep, recovery, stress balance, and circulation.

It's not about years on the calendar it's about *how your body is performing right now*.

A higher biological age suggests your systems are under more strain than they should be.

A lower one means your body is adapting, repairing, and recovering efficiently.

Think of your score as a friendly snapshot not a diagnosis, but a signpost showing where small, steady changes could help your body function more like its younger self.

Remember, the goal isn't to achieve a perfect score. Even small, positive shifts in your results indicate that your body is responding to the changes you're making. This guide will help you understand what your score means and how you can start turning that knowledge into meaningful action.

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## How to Read Your Results



Your score gives you a simple picture of how your current lifestyle may be affecting your body's efficiency and rate of repair — expressed as a comparison to your chronological age.

**A younger biological age** suggests your everyday habits are helping your body adapt, recover, and perform well.

**A higher biological age** means your system may be working harder than it needs to — often a sign that sleep, nutrition, hydration, or stress could use some extra attention.

Because life is always changing, your results can fluctuate from month to month.

We recommend re-taking the quiz every few weeks to see how small, consistent improvements can help your body function more like its younger self.

Here's what the different ranges generally suggest:

Biological Age Category	How It Relates to Your Chronological Age	What It Suggests
Younger	<b>Your body is performing <i>younger</i> than your actual years</b>	Your body shows strong recovery and excellent adaptability.
In Line	<b>Your body is performing <i>roughly in line</i> with your actual age.</b>	Your body is compensating for strain, and some systems are working harder than they should.
Older	<b>Your body is performing <i>older</i> than your actual years</b>	Your recovery capacity is reduced and may need focused attention.

Your biological age is dynamic — it changes as your daily habits change. Re-take *The Health Compass Biological Age Quiz* every few weeks to track how your body responds to new routines or improvements.

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## The Six Drivers of Biological Age

Your overall score is influenced by six interconnected pillars of health. Each one plays a crucial role in your body's ability to thrive.

### Food & Energy

This pillar measures how your dietary choices are fueling your body's daily energy needs. When your food and energy systems are balanced, you feel steady and focused, but low resilience in this area can lead to energy crashes and cravings.

### Hydration

This pillar assesses whether you are providing your body with enough fluid to support optimal function. Proper hydration is essential for everything from cognitive function to digestion, and even mild dehydration can leave you feeling foggy and fatigued.

### Sleep & Recovery

This pillar evaluates the quality and consistency of your rest, which is critical for cellular repair and mental clarity. Low sleep resilience can weaken your immune system, making you more susceptible to colds and slowing down your recovery from illness.

### Stress & Mindset

This pillar looks at how you manage daily pressures and maintain a balanced outlook. Chronic stress can tighten muscles and slow digestion, creating a cascade of effects that drain your overall resilience.

### Movement & Circulation

This pillar measures how regular physical activity is supporting your body's circulatory and structural health. Consistent movement helps deliver oxygen and nutrients throughout your body, which aids recovery and keeps your mind clear.

## **Gut & Inner Balance**

This pillar assesses the health of your digestive system, which is foundational to overall wellness. An imbalanced gut can affect everything from your mood to your immune response, making it a cornerstone of resilience.

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## Common Patterns We See

The six drivers of biological age are deeply interconnected. A strain in one area often accelerates ageing in another. The six pillars are deeply interconnected, and a challenge in one area often creates a ripple effect across the others. For example:

*Poor sleep can lead to hormonal stress, which in turn triggers sugar cravings. This can result in low energy, reducing your motivation for movement and ultimately slowing down your body's recovery processes.*

This interconnectedness is why a holistic approach is so effective. Small improvements in one pillar can create positive momentum, making it easier to strengthen the others.

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## Why We Didn't Ask About Weight

*You may have noticed that our quiz doesn't ask about your weight. This is intentional. We believe that weight is often an effect, not a cause, of underlying imbalances. Factors like hormonal stress, poor sleep, and metabolic strain can all influence your weight regulation.*

*By focusing on the upstream drivers of health the six pillars of resilience you are addressing the root causes. As your resilience improves, your body will naturally move toward a healthier, more sustainable balance.*

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## How to Lower Your Biological Age

Understanding your score is the first step. The next is turning that insight into action.

While this guide helps you interpret your results, our companion ebook **Resilience: How to Lower Your Biological Age in 5 Minutes a Day** shows you *exactly what to do next*.

Inside, you'll find simple, practical changes for each of the six drivers — from nutrition tweaks to sleep routines — that can start lowering your biological age and boosting your energy in just days.



[Read Resilience – your step-by-step guide to building strength, energy, and adaptability. \(https://www.amazon.com/dp/B0D1Q1N1L9\)](https://www.amazon.com/dp/B0D1Q1N1L9)



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## Next Steps & Reassessment

We encourage you to retake the Re-take *The Health Compass Biological Age Quiz* in 3–4 weeks to track your progress.

Look for signs that your systems are adapting:

- More stable energy
- Better sleep
- Quicker recovery from stress or illness

Small wins mean your body is getting younger inside

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## Medical Disclaimer

This guide and the Health Compass Biological Age Quiz is provided for educational and informational purposes only. The material is intended to help you understand general wellbeing concepts and how everyday lifestyle choices can influence resilience, recovery, and overall balance.

It is not a medical guide, and nothing in this publication should be interpreted as medical advice, diagnosis, or treatment for any condition. The strategies and suggestions described are based on general principles of health and lifestyle support. Individual needs vary, and results cannot be guaranteed.

Always seek the advice of a qualified healthcare professional before making major changes to your diet, supplement routine, or treatment plan—especially if you are currently under medical care, taking prescribed medication, or managing a chronic condition.

If you experience persistent or worsening symptoms, consult a doctor or other regulated healthcare provider promptly.