

Longevity

Ever wonder if you have a genetic predisposition for extreme longevity? Longevity record holders are renowned for their amazing youthfulness—dancing, playing golf, riding bicycles, and going out for nights on the town—even beyond age 100! Scientific studies of these people suggest that both genetic and environmental factors (like diet) are critical for slow and healthy aging. Matching the right environmental factors to genetic factors is probably key, and in just the past few years science has discovered some of the most critical factors for promoting longevity.

Longevity ()



Telomere length ()



Keep Exploring by category

11 ATHLETICISM



5 BEHAVIOR



2 BLOOD SUGAR



7 CARDIOVASCULAR



5 HORMONES



8 METABOLISM




7 NUTRITION & DIET



15 PHYSICAL APPEARANCE



9 SENSORY PERCEPTION 

3 SUBSTANCE REACTION 

1 IMMUNE SYSTEM 

Veritas Genetics 2018 Technical Note