LIFESTYLE

I'm 39, with a biological age of 23 — here's how I do it

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He's aging in reverse – literally.

Chris Mirabile, the founder and CEO of a consumer longevity biotech company called NOVOS, claimed that he's a 39-year-old with a biological age of around 23, and he's now sharing his tips with the world.

While biological age tests can be controversial, one expert says they are an astute indication of the amount of "damage" that has gone on inside of your body.

Mirabile, who survived a brain tumor when he was younger, has some aging hacks won't cost much money, and are simple to implement in your own routine.

While appearing on the John Barrows' "Make It Happen" podcast in August 2022, Mirabile offered up one of his most powerful tips to the audience – and it's simpler than you may expect.

> "150 minutes per week of moderate physical activity is enough to extend your health span and lifespan by a significant margin," he claimed while on the podcast.

Chris Mirabile is 39 – but he says he has a biological age of around 23.

bring you to the 150 minute mark. Mirabile also recommended doing body weight exercises twice a week, especially focusing in on your legs.

Exercising on a regular basis can support brain health, strengthen your muscles and bones, and even help reduce your risk for disease, according to The Centers for Disease Control and Prevention.

Mirabile used doing squats as a good example of body weight exercises, suggesting you build up your endurance starting from 20 reps. He said you can even do this while watching television.

According to The Daily Mail, Mirabile himself works out six times per week, splitting it up with three cardio sessions and three weight lifting sessions.

"By intense I don't mean anything crazy," he told The Daily Mail. "So, like a six to eight-mile run, basically anything I can fit into my schedule — 45 minutes to an hour — and I have to make a point not to push myself too hard."
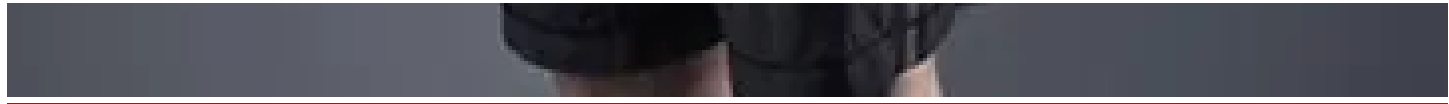
He emphasized the importance of intermittent fasting, a healthy diet, and exercise.

Slow My Age

Another tip Mirabile revealed was the importance of intermittent fasting, and making sure that you have a 12-hour time restricted window where you're eating – at the least.

"One of the most important things to consider is your eating window, the time in which you're eating," Mirabile said while on the podcast.

He referenced a researcher at the Salk Institute in California, Dr. Satchidananda Panda, explaining that it's better to eat within a shorter window of time.

"The smaller the eating window that you can make, the better it is for your overall health," Mirabile claimed while on the podcast.

"Studies have found, for example, that two people can eat the same exact foods, but if you eat in a smaller period of time, it can have a significantly better health outcome in terms of cardiovascular risk, so on and so forth."

Mirabile said that he eats healthy 90% of the time, especially during the work days, according to The Daily Mail.

Some of the typical foods in his diet include broccoli, Brussels sprouts, and berries – but he doesn't hesitate to enjoy a treat every now and then, indulging in two "cheat meals" around once a week, the outlet reported.

He said it's important to eat within a 12 hour window.

He admitted, however, that he does't shy away from having a cheat meal here or there.

"So, I might have a pizza on a Friday night and then a dessert on a Saturday, but I try not to have the pizza and the dessert at the same time because that is a lot all at once," he told DailyMail.com.

Getting a good night's sleep is also crucial, he revealed, recommending that you clock in eight hours of rest per night, according to The Daily Mail.

Getting good sleep is important for anyone's physical and emotional well-being, and it's recommended by The Cleveland Clinic for adults to get anywhere from seven to eight hours per night.

He is the founder and CEO of consumer longevity biotech NOVOS.

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