

LifeAge™

DELIVERS REAL BEHAVIOUR CHANGE

Life Age™ is not just a health assessment, it's a powerful behaviour change programme that is highly engaging and provides invaluable data and insights that can be actioned by individuals and the organisations that serve them.

Built around the highly engaging concept of getting 'younger', our scientifically validated Life Age programme assesses the 8 lifestyle factors that affect physical health and emotional wellbeing, to provide one integrated Life Age score plus an easy to understand health & happiness breakdown.

Life Age also collects key behavioral information about the influences that are proven to affect an individual's ability to make lifestyle changes.

This proprietary combination of communications, data & scientific expertise is unique to Younger Lives and is what makes Life Age so powerful.

HOLLY LIFE AGE REPORT.

Thank you for taking the Life Age test. Here you have your overall report. The next step will be to take the Behavioural Insights assessment to best personalise, more engaging and for the best you can be.

We have two products for you. You have Younger Lives Tracking app and it's perfect expert assessments. Or our 2 step [Guided Living Tracker](#).

Best Wishes, The Younger Lives Team

SCROLL DOWN NOW TO READ YOUR FULL 10 PAGE LIFE AGE REPORT.



YOUR LIFE AGE SCORE BREAKDOWN.

The secret to staying 'young' and full of energy is living a life that makes you healthy and happy. That's why our Life Age score considers different health and happiness lifestyle factors.

"The first step towards change is awareness..."

Natasha Boudier, Psychologist

HEALTH FACTORS.

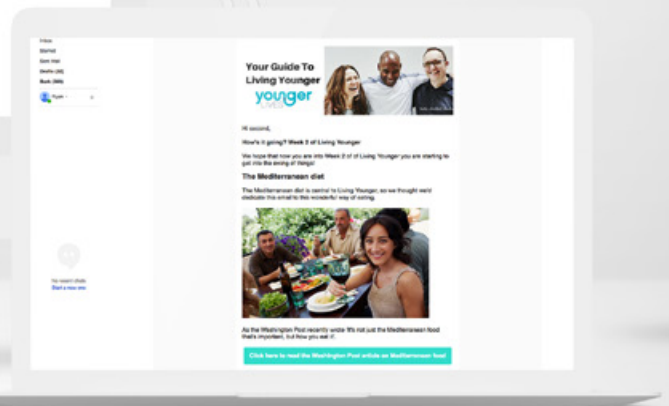
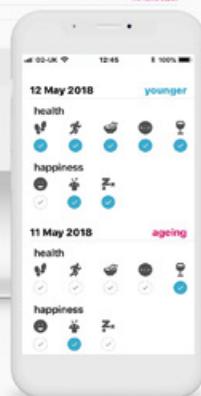
The five health factors we have assessed in your Life Age score

FROM PEOPLE AND WE CAN	100% (100%)
WORKING	100% (100%)
PHYSICAL ACTIVITY	100% (100%)
DIET	100% (100%)
SMOKING	100% (100%)

HAPPINESS FACTORS.

The five happiness factors we have assessed in your Life Age score

LOW INTERESTS	100% (100%)
ISOT	100% (100%)
WELLBEING	100% (100%)



REAL BEHAVIOUR CHANGE EXPERTISE

- 1) Scientifically validated Life Age test for invaluable wellness data and behavioural insights
- 2) Comms and behaviour change expertise for highly engaging programmes that deliver

The founders of Younger Lives, Dr Mark Cobain and Dr Holly Whelan, have over 20 years experience working in health & wellness behaviour change. They are the original creators of Life Age and heart age and the world's leading experts in validated age scores and R-E-A-L behaviour change.

To read more visit: www.youngerlivesgroup.com