



LONGEVITY, AGING, LIFESPAN, AND AVATARS

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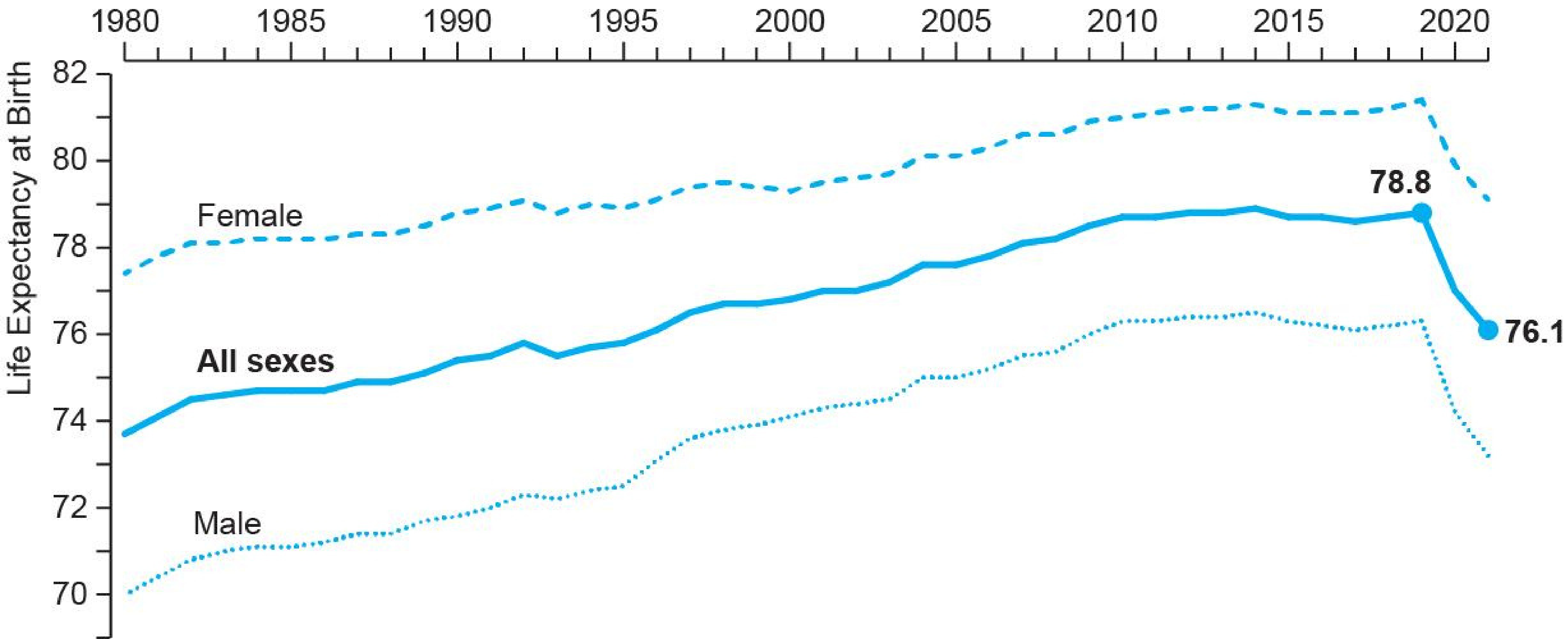


Objectives

- Define this sector of aging and longevity
- Factors that influence longevity and aging
- Explore the role avatars and digital twins play in lifespan medicine
- How avatars impact longevity



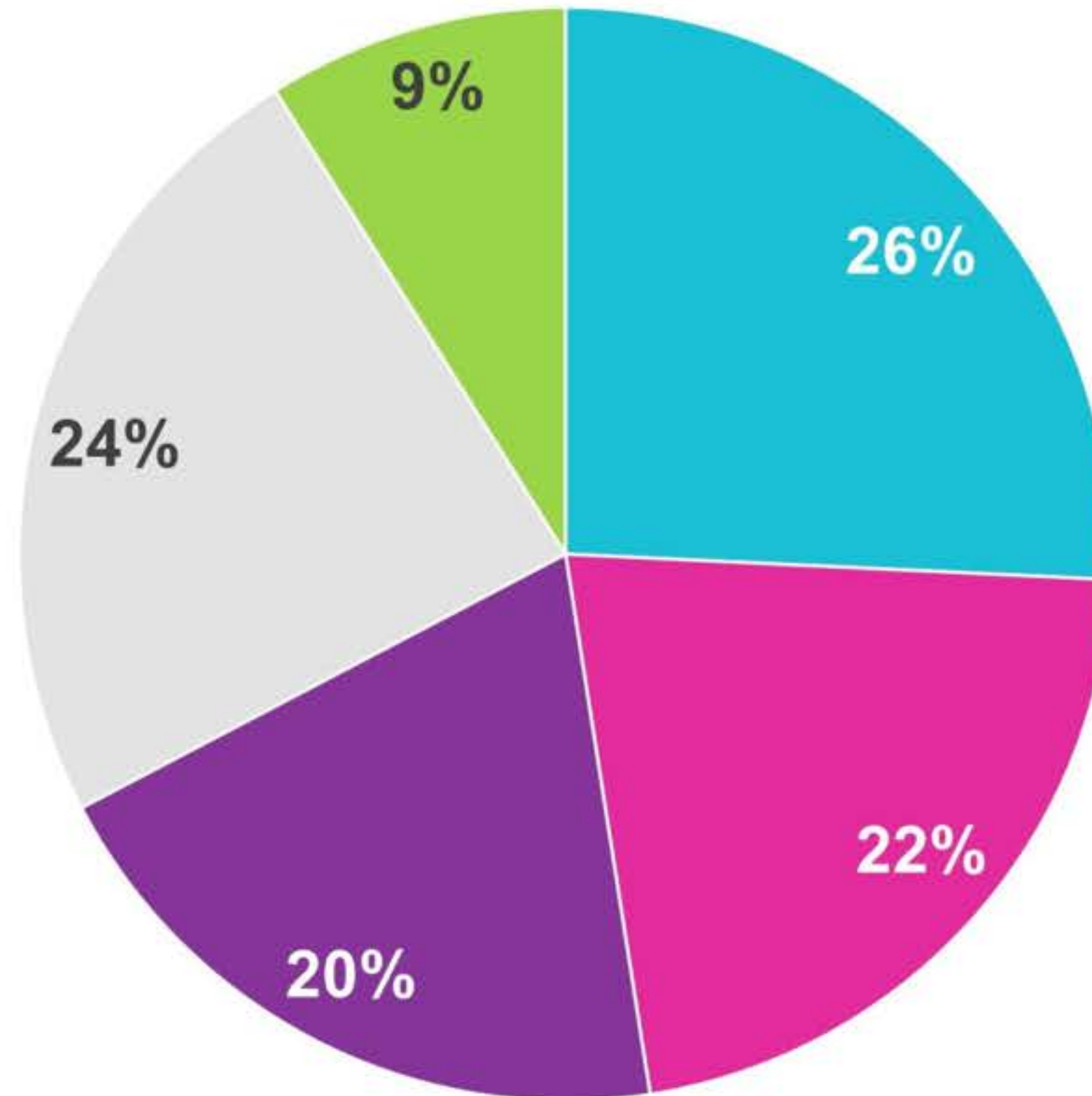
Life Expectancy by Sex, 1980–2021*



*2021 estimates are based on provisional data.



- **Gen Z**
Born '95-2012
Currently age 7-24
- **Millennials/Gen Y**
Born '80-'94
Currently age 25-39
- **Gen X**
Born '65-'79
Currently age 40-54
- **Baby Boomers**
Born '46-64
Currently age 55-73
- **Greatest Generation**
Born '45 & before
Currently age 74+



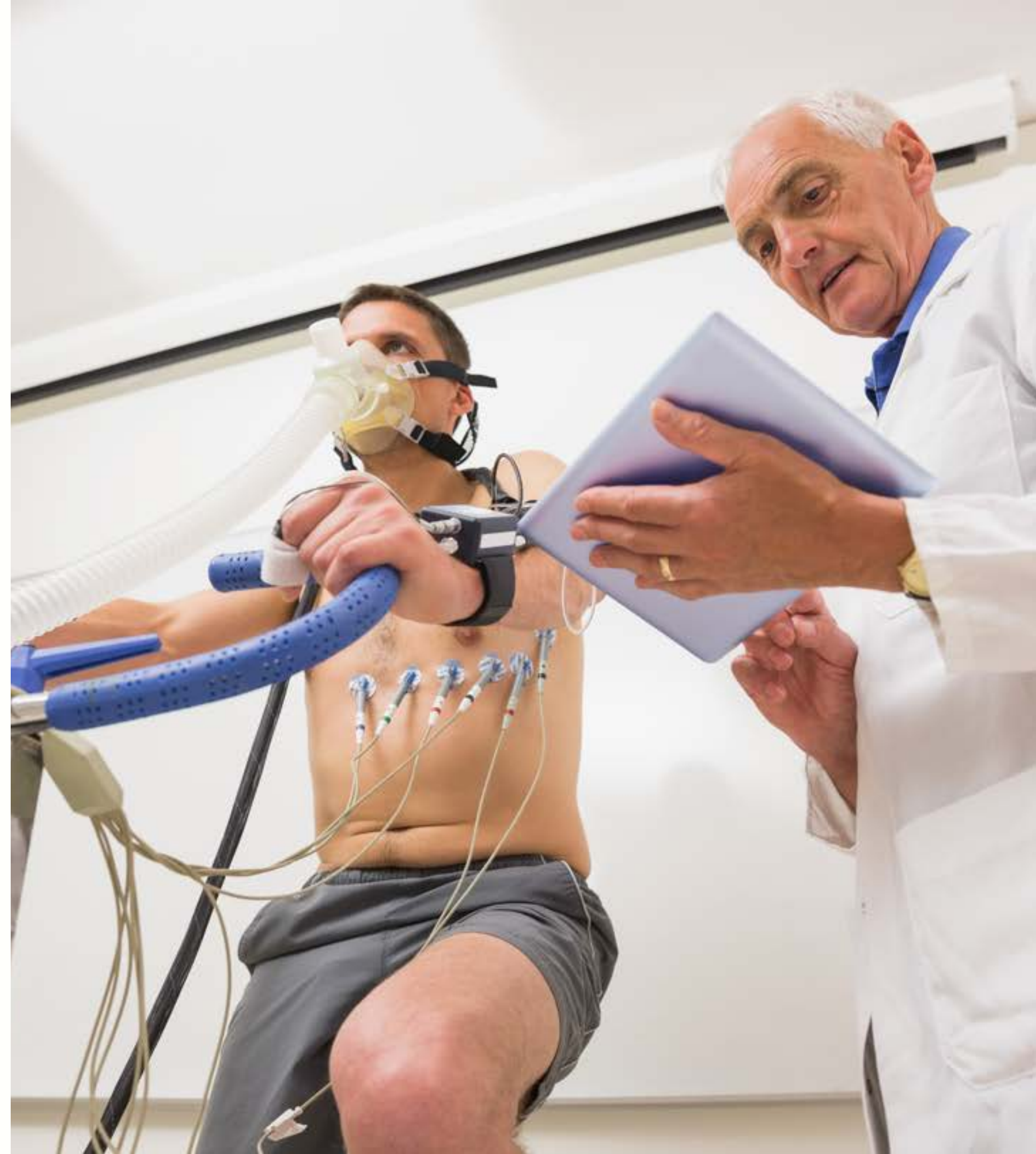
World Anti-Aging & Longevity Complementary and Alternative Medicine Market Report 2022-2028: Market Size is Expected to Reach \$182.9 Billion, at a CAGR of 22.2%

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Mechanisms of Longevity

- Genetics and Epigenetics
- Metabolism
- Musculoskeletal
- Cardiorespiratory
- Body Composition



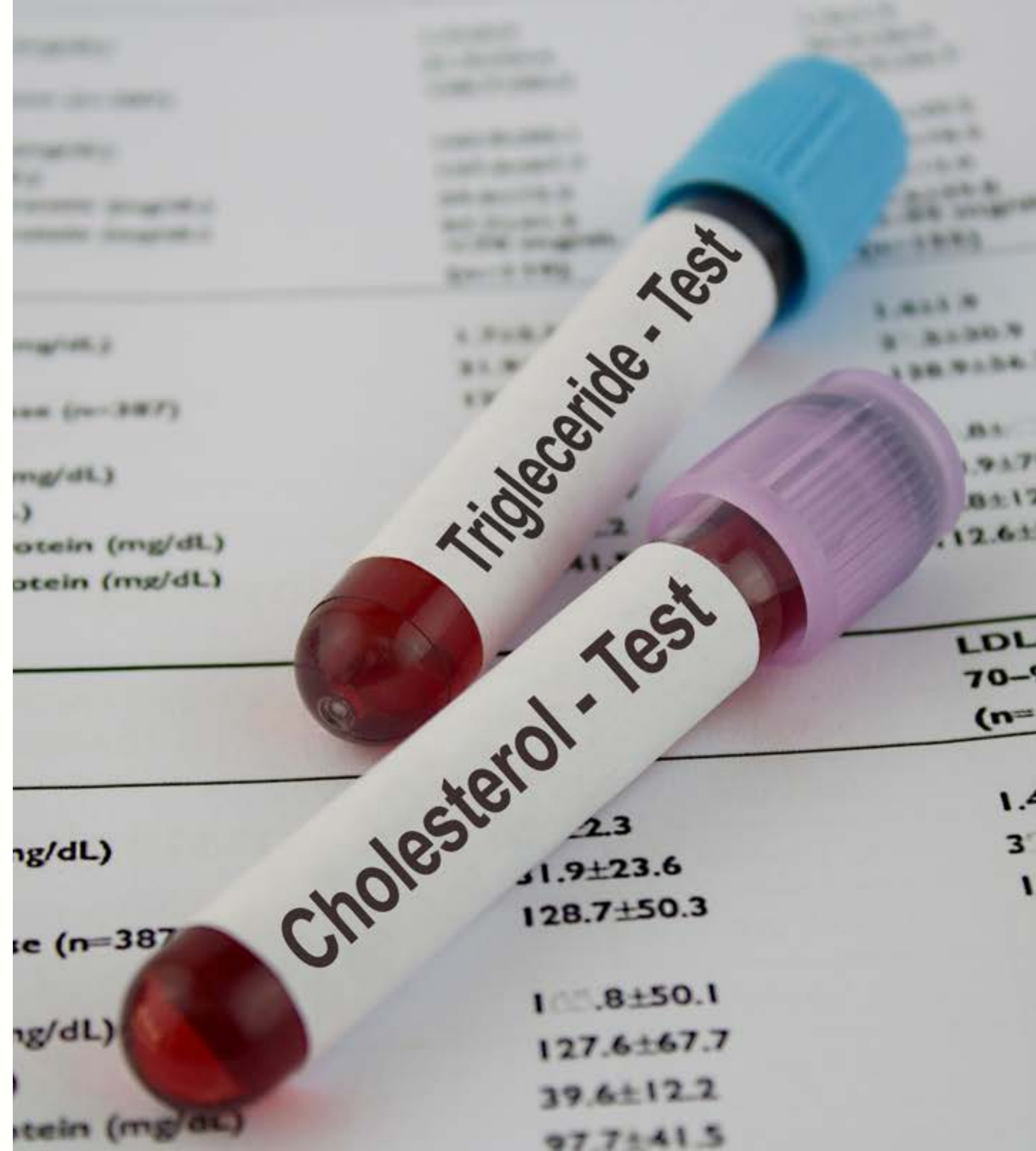
Genetics & Epigenetics

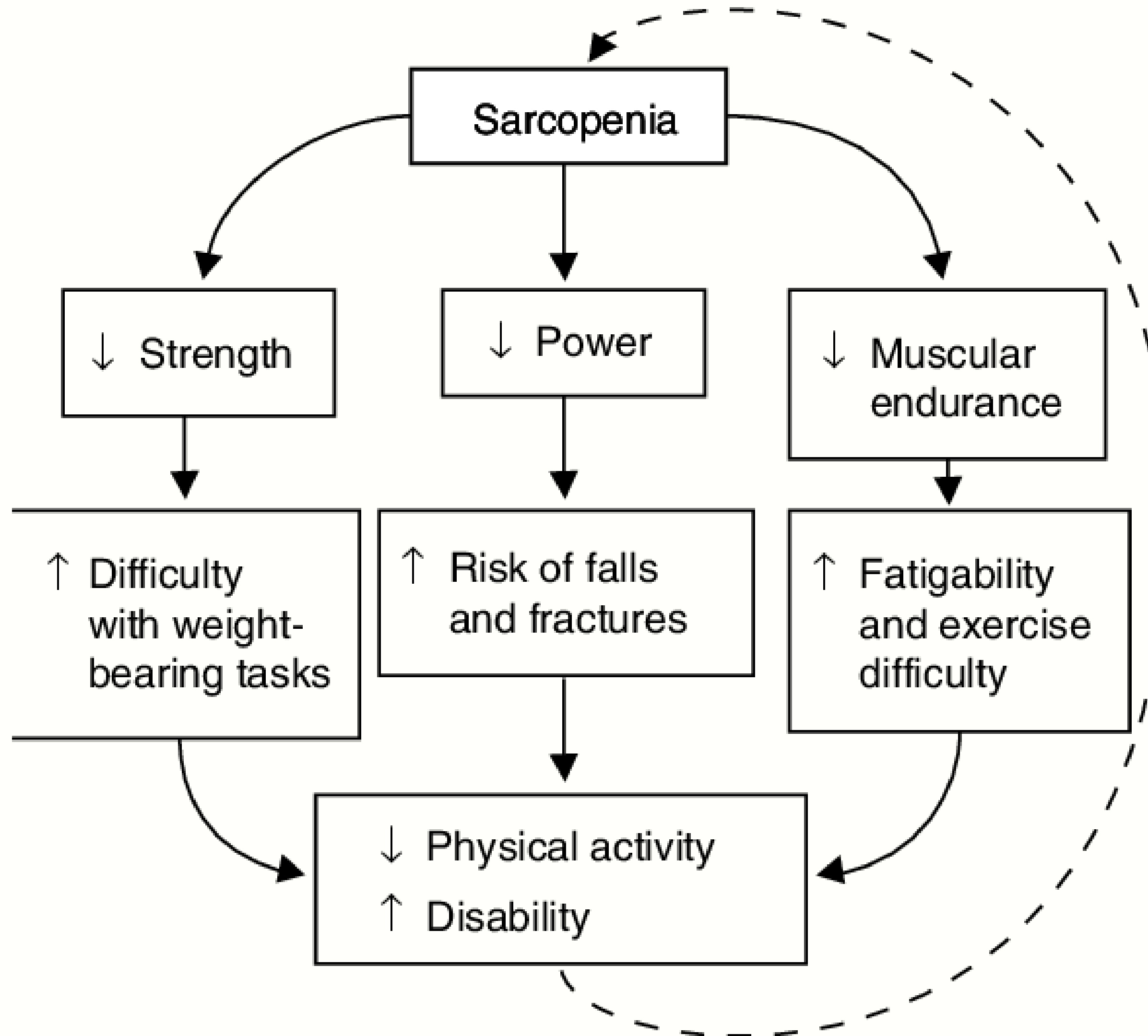
- Traits that are passed on from one generation to the next - Genetics
- Genes can change - Epigenetics
- Lifestyle behavior and environmental factors



Metabolism

- Chemical processes that occur within our body in order to maintain life
- ATP
- Hormonal imbalance and dysregulation of macronutrients





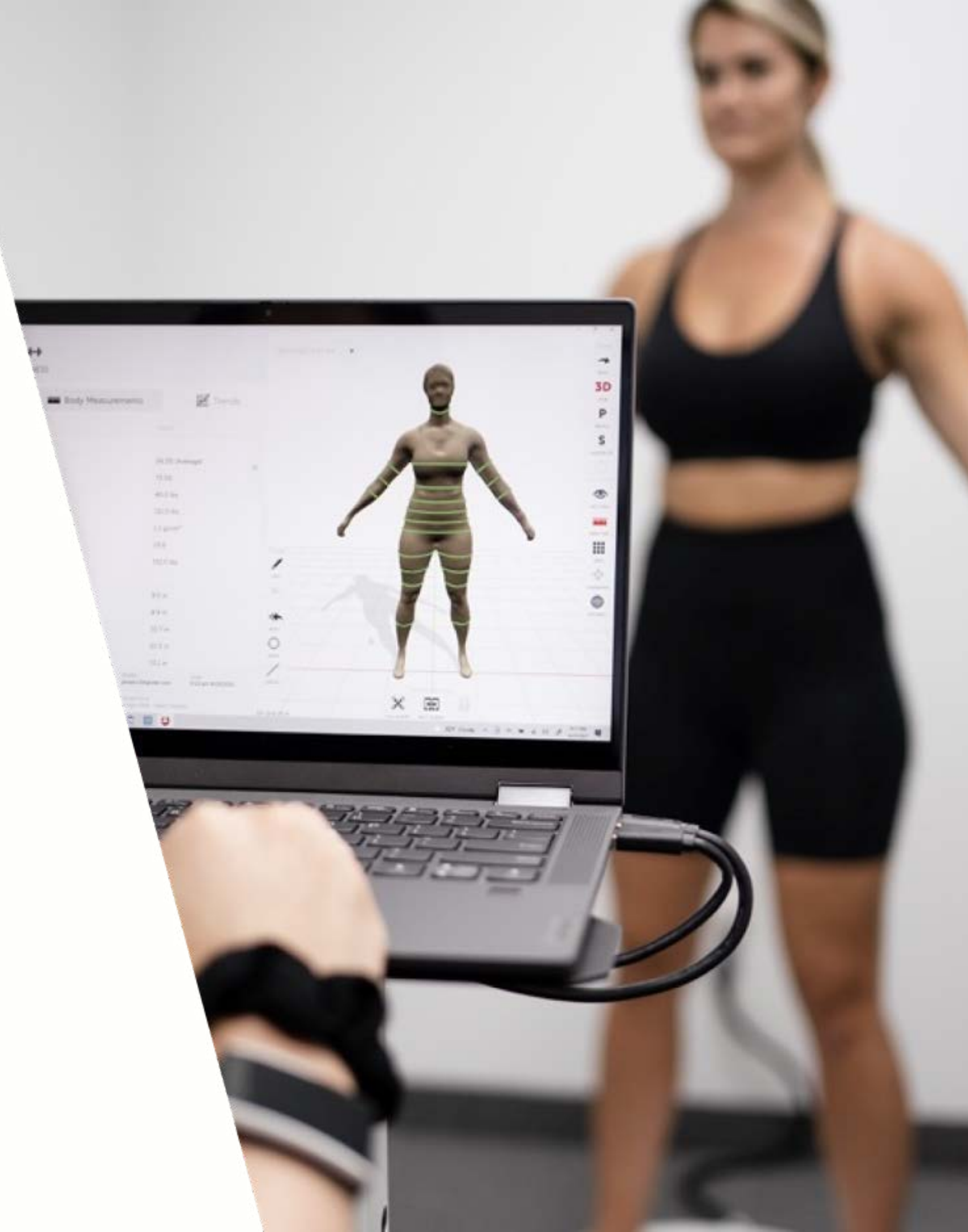
Cardiorespiratory

- VO₂max
- Oxygen delivery and utilization



Body Composition

- What the body is composed of
- Fat mass and lean mass
- Visceral and subcutaneous fat
- Inflammation and epigenetic changes








AVATAR
GENERATIONS™





Body

Skin Tone

Hair

Face Shape

Face Markings

Face Lines

Eyes

Eyebrows



Eyelashes











Save Avatar & Continue

available in all app experiences.

Learn More







Avatars

- Digital representation of self
- Digital twin
- Digitization of the body
- Software to analyze categories of longevity

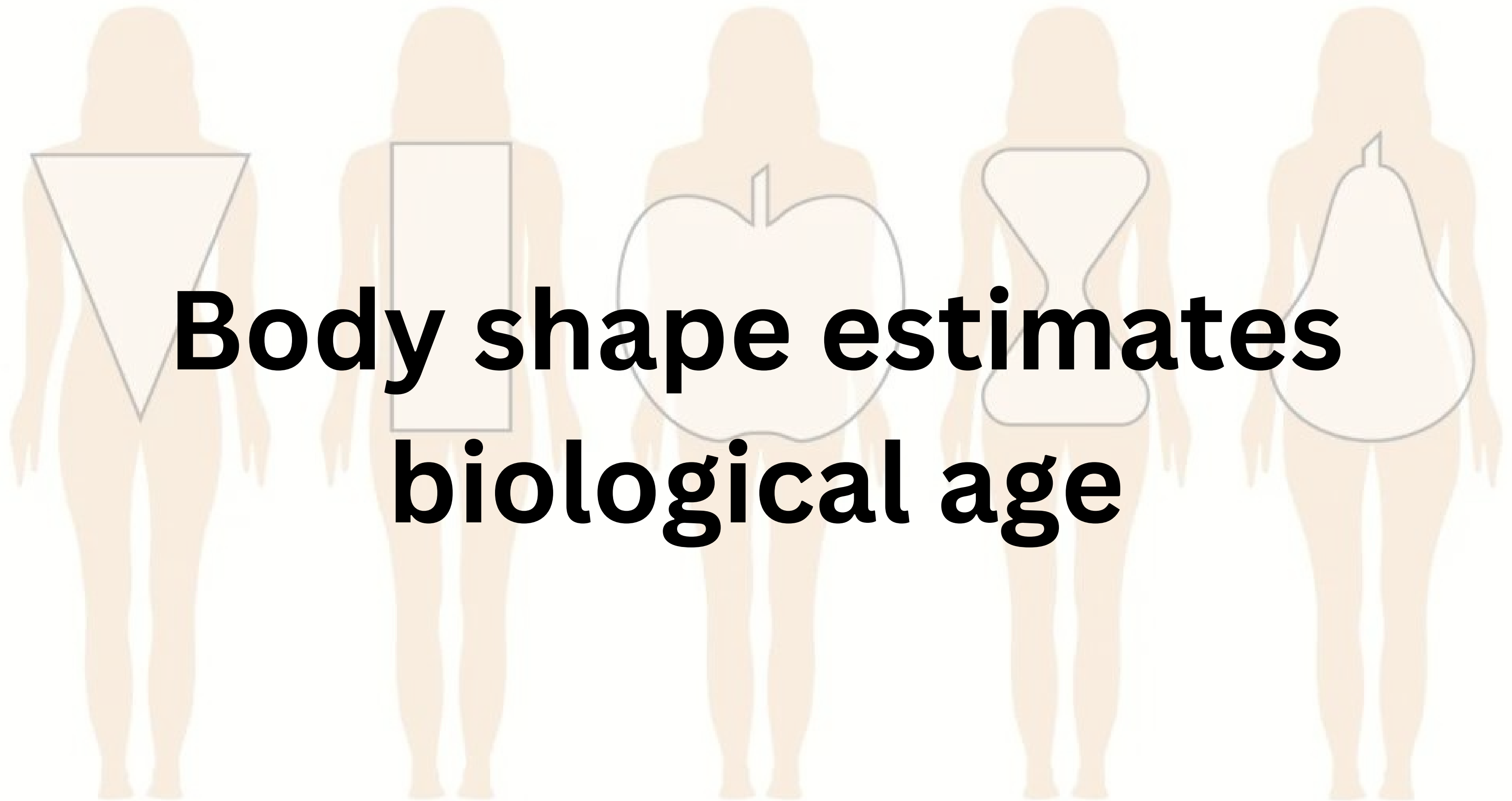


Combat Aging

- Baseline assessments
- Blood tests
- Cardiorespiratory tests
- Metabolic test
- Body composition tests







Body shape estimates biological age

TRIANGLE

RECTANGLE

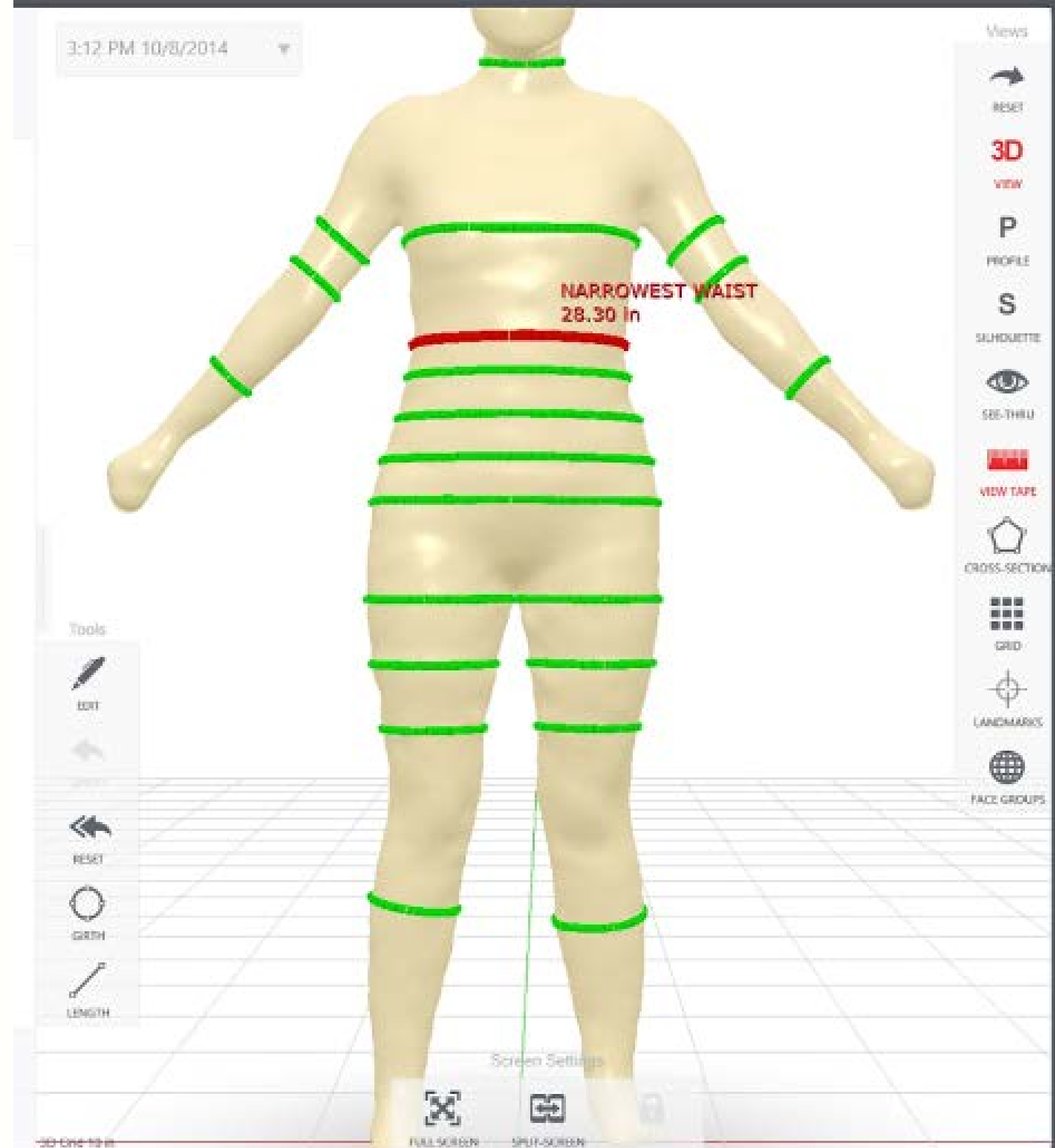
APPLE

HOURLGLASS

PEAR

Body Shape & Disease Risk

- WC of 35in or 40in for females and males
- Body shape metrics used as indicators for cardiovascular, metabolic, and musculoskeletal diseases
- Body shape metrics predict MetS





THANK YOU