

The person below has had very unusually good health and slow aging, as indicated by the results below. Some health habits are listed below the following table.

Information as of 2014:

Attribute	Value	Explanation
Sex	Male	
Actual Age	66	
Age Appearance	45	According to personal physician
Age Appearance	40 to 50	Qualified to be hired for projects requiring that range of ages according to a reputable casting agency
Medications	None	Have never required any age related or chronic medications
Examination	Healthy	All tests in normal or exceptionally healthy range: blood pressure, blood sugar, cholesterol, etc.
Vision	20/20	According to 2014 Eye Examination
Reading Glasses	None	According to 2014 Eye Examination and all past examinations
Teeth Age Appearance	~ 18	
Hospitalizations	None	According to dental clinic in 2014
Headaches	None	Have never been hospitalized
Bodily pain	None	None since early childhood
Height	5 ft 11 inches	Have never had chronic aches and pains
Weight	170 pounds	
		Not at all overweight

Health Habits:

Have averaged 7.7 hours of sleep each night according to spreadsheet kept since 2003. Before keeping records, had at least that average for entire life. When speaking to others who have aged more rapidly, insufficient sleep is usually one of the things that they have done differently.

Sprint 100 meters uphill most days since 2007, and from 2001 to 2003.

Take resveratrol regularly since 2009, 200 mg per day, and since late spring, 2014, 1000 or 500 mg per day. Have had breaks of a few weeks or a couple months occasionally.

Use weight machines at gym twice per week since 2012. Have had other gym memberships occasionally since 1980's. When not using gym, have done about 20 pushups at home most days since 1980's.

Balanced diet with plenty of fruits vegetables and protein since childhood.