



What is your BioAge?

A BioAge Test is a quick 15 minutes analysis that can tell you how old your body really is.

**You might have the body of a 21 year old
& not even know it!!!**

BioAge testing is now available at;

The Running Co, Potts Point store

Your BioAge is a measurement of your 'real' or 'biological' age telling you how well you are performing, or how fit you are in comparison to your actual chronological age.

BioAge tests are carried out by a qualified personal fitness trainer who measures results in three areas: Metabolic, Physical, & Behavioral.

For more information or to make an appointment, contact;

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