# Leyla Weighs In on Unlocking Longevity: Tips for Living Beyond 100

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Biohacking for Longevity: Extending Your Health Span. In this episode of “Leyla Weighs In,” registered dietician and nutritionist Leyla Muedin discusses the concept of biohacking and its potential to extend lifespan and health span. Leyla explores various biohacking strategies such as diet optimization, regular physical activity, stress management, enhancing sleep quality, and maintaining strong social connections. She emphasizes the importance of epigenetics, targeted lifestyle changes, and advanced medical interventions like stem cell therapy. You will learn practical biohacking tips, including the benefits of intermittent fasting, the significance of exercise, and how to use wearable technology for health tracking. Leyla also highlights the role of supplements and personalized nutrition in promoting longevity, alongside maintaining good dental health and a sense of purpose. Through these combined efforts, Leyla aims to inspire listeners to not only live longer lives but to enjoy better health and vitality.