# Leyla Weighs In: Biological Age vs. Chronological Age—How Lifestyle Choices Can Slow Aging

written by Leyla Muedin MS, RD, CDN | May 29, 2026

Biological vs. Chronological Age. “Leyla Weighs In” on how your lifestyle choices can slow the aging process. Learn how exercise, diet, and stress management can alter your biological age. Don’t miss it!