The Best Longevity Tech

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Lifespan Is Increasing, but healthspan Isn’t. Here’s how the latest technology aims to close the gap.

We’re living longer, but are we living well? Life expectancy in the U.S. has risen steadily over the past 40 years, increasing by about one year per decade. In 1980, the average lifespan was 73.7 years; by 2022, it had climbed to 77.5 years; and in **2023 it was 78.4**.

But here’s the catch: **healthspan (the years we live in good health) hasn’t kept up**. A new study in *JAMA Network Open* shows that while we’re adding years to our lives, many of those years are spent battling chronic conditions like cancer, diabetes, and heart disease. The gap between lifespan and healthspan? **A staggering 12 years.** It’s time to close that gap.

EXPERT ADVISORS:

This guide is informed by leading experts in regenerative medicine, exercise science, and longevity research. Dr. James Navalta, Ph.D., is an associate professor of kinesiology and nutrition sciences at UNLV. Dr. Shawn Arent, Ph.D., C.S.C.S., is the chair of the Department of Exercise Science at the University of South Carolina. Dr. Frances A. Champagne, Ph.D., is a researcher specializing in sleep and mood studies. Dr. Ivan Rusilko, D.O., is a lifestyle medicine specialist based in Miami Beach. Dr. Neil Paulvin, D.O., is a longevity and regenerative medicine expert in New York.

Can Technology Extend Our Healthspan?

Every day, new wearable devices, biomarker tests, and longevity supplements hit the market, all claiming to help us stay healthier for longer. Investors are paying attention, too. The global longevity market is projected to reach **$610 billion this year**, fueling a surge of new products—some game-changing, others just hype.

“There’s so much money to be made now,” says Dr. Ivan Rusilko, a lifestyle medicine expert based in Miami Beach. “You have businessmen peddling products to people who don’t have the background to know what works. Some of these products don’t have a single human study backing them up.”

Science-Backed Longevity Starts With the Basics

Even the best technology won’t work if you ignore the fundamentals, says Dr. Neil Paulvin, a longevity and regenerative medicine specialist in New York. “If you’re not eating well and exercising, you’re playing from behind, no matter what technology you use,” he explains. “Once you have those foundations in place, you can use science-backed innovations to target specific longevity goals.”

Paulvin compares this to baking a cake. Diet, exercise, quality sleep, strong relationships, and regular health testing form the cake itself. Wearables, biohacking, and cutting-edge interventions? That’s just the icing on top. The good news? Research is uncovering what truly works to extend healthspan. But with so much new tech flooding the market, it’s easy to feel overwhelmed.

This guide cuts through the noise to highlight the most effective longevity technology—so you can invest in what actually works and take control of your healthspan.

The Skinny on Wearable Tech

In just the first three months of 2024, over **113 million wearable fitness trackers** were sold in the U.S., reflecting the widespread demand for health-tracking technology. **A large-scale study of 16,000 women** found that those who tracked 4,400 steps daily had a significantly lower risk of early death compared to those who tracked 2,700 steps or fewer. The benefits continued up to 7,500 daily steps, reinforcing the power of movement.

But wearable devices are more than just step counters—they're powerful tools for tracking key health metrics like heart rate, blood oxygen levels, sleep patterns, and even blood glucose. These insights can help improve fitness, monitor chronic conditions, and optimize longevity.

Not All Wearables Are Created Equal

While wearables provide valuable data, not all devices are equally accurate across different metrics. According to Dr. James Navalta, a researcher in kinesiology and nutrition sciences at UNLV, heart rate monitoring is reliable across most devices, but calorie burn estimates remain highly inaccurate.

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The Problems with Wearables:

1. 1 **Heart Rate Accuracy:** Most wearables measure **heart rate within 3% accuracy**
2. 2 **Step Count Accuracy:** Some devices tend to **underestimate total steps**, while others overcount.
3. 3 **VO? Max Overestimation:** Wearables can inflate fitness levels by **up to 15%**, making VO? max readings unreliable.
4. 4 **Sleep Tracking Limitations:** Devices **overestimate sleep time by 10%** and devices

like the Oura ring are only 50-60% accurate in detecting sleep stages.

How to Choose and Use Wearables Effectively

Step 1: Identify Your Goal
Decide which health metric you want to track. Do you need better sleep insights, step counting, heart rate tracking, or VO? max monitoring? Each device specializes in different areas, so pick the one that aligns with your longevity goals.

Step 2: Research Accuracy (Not Just Marketing Claims)
Not all devices are equally accurate, so dig into independent research—not company-sponsored studies or influencer endorsements. For example: The Oura Ring is not ideal for tracking heart rate variability (HRV) during workouts, a measure of recovery ability and how well your body handles the stress of exercise, says Dr. Shawn Arent, Chair of Exercise Science at the University of South Carolina.

Step 3: Choose a Device You'll Actually Wear
A device might have the best accuracy, but if it's bulky, uncomfortable, or expensive, you won't use it. Pick the one that fits your lifestyle.

Step 4: Track Trends, Not Single Data Points
Wearables aren't 100% accurate, but their errors are usually consistent. If your device says you walked 10,000 steps per day this month but 8,000 steps per day last month, your total step count might not be precise—but what is accurate is that you're moving more. Use that insight to drive behavior change and improve your overall health.

The Best Wearables for Longevity

BEST OVERALL WEARABLE: Apple Watch Ultra

Top for heart rate, ECG, VO? max, and step tracking

How to use: Set a baseline and track trends over time

BEST FOR HEART RATE & RECOVERY: WHOOP

Tracks HRV, sleep, recovery readiness

How to use: Monitor HRV for stress & fatigue insights

BEST FOR SLEEP OPTIMIZATION: WHOOP

is the closest matching sleep lab equipment for total sleep time, and measuring deep and light sleep stages.

How to use: Focus on consistency and trends, not sleep-stage accuracy

BEST FOR BLOOD SUGAR & METABOLIC HEALTH: Libre Freestyle

Continuous glucose monitors (CGMs) help optimize diet & metabolic flexibility

How to use: Track how food, fasting, and exercise affect glucose

The Takeaway:

Wearables offer powerful insights, but their effectiveness depends on choosing the right device and understanding their limitations. For heart rate, they're reliable. For calorie burn and sleep tracking? Take the data with a grain of salt.

The Science of Biomarkers

The concept of "precision medicine" is about tailoring care, prevention, and treatment to your unique body, says Rusilko. "There's a million different factors that can go into what makes a person feel a certain way, and makes them age. So what we do is

identify all the stressors in the system," he says. "Once you identify the stressors, you can identify what's causing you to age."

Biomarkers are measurable indicators in the body—such as hormone levels, inflammatory markers, and metabolic byproducts—that signal health status and disease risk.

- **Hormones & Aging:** Imbalances in testosterone, estrogen, thyroid hormones, and cortisol can impact metabolism, **energy, and longevity**.
- **Heavy Metal Toxicity:** Elevated mercury levels from fish consumption or old dental work are l**inked to cardiovascular disease risk**.
- **Inflammation Markers:** High C-reactive protein (CRP) levels indicate **chronic inflammation**, a driver of aging and disease progression.
- **Food Sensitivities**: Biomarker analysis can **reveal hidden intolerances** (not allergies) that cause gut issues, inflammation, and fatigue.

At Dr. Shawn Arent's lab at the University of South Carolina, he's focused on how biomarkers affect health and performance in athletes. He's using biomarker tracking to fine-tune performance, recovery, and longevity strategies.

Because "blood doesn't lie," Arent says. While athletes may report feeling fatigued or strong, biomarkers provide objective data on how their body is responding to training, nutrition, and stress.

The Future: DNA-Based Precision Medicine

The latest advancements in precision medicine go beyond traditional biomarker testing—DNA sequencing now allows doctors to analyze genetic risk factors for diseases like cancer, Alzheimer's, and cardiovascular conditions.

- **Genetic-Based Drug Matching**: Certain medications only work for people with specific genetic profiles, reducing side effects and improving effectiveness.

- **Cancer & Disease Risk Profiling:** DNA tests can detect inherited mutations, guiding personalized prevention strategies.
- **Biological Age Testing:** Epigenetic tests like **Horvath's Clock**, which measures overall aging, and **DunedinPACE** which measures how quickly you're aging compare to your chronological age, help to optimize longevity interventions.

Precision medicine isn't about guessing—it's about data-driven, personalized health optimization. By understanding your biochemical and genetic blueprint, you can make targeted changes to maximize healthspan and longevity.

The Future Outlook for Precision Medicine

Precision medicine is advancing rapidly, with genetic testing and targeted drug therapies leading the way. Scientists are now developing drugs that only work for specific genetic mutations, making treatments more effective and personalized.

Breakthrough in Genetic-Specific Drugs: A major example is ivacaftor, **which significantly improves lung function**—but only in cystic fibrosis patients with a specific gene mutation. Similar advances are underway in cancer immunotherapy, allowing for customized treatments based on a patient's genetic profile.

Predicting Disease Risk with DNA Testing: Researchers continue to identify genetic markers linked to diseases like Alzheimer's, cardiovascular disease, and diabetes. While these genetic signatures hold promise for **individualized healthcare**, mapping thousands of potential gene-disease combinations remains a challenge. While interesting, they only reveal a genetic risk, not the specific biomarkers affecting biological aging.

AI-Powered Precision Medicine: Scientists hope **artificial intelligence (AI)** will help pinpoint treatment strategies faster, analyzing massive datasets to find personalized disease-prevention plans.

Measuring Biological Age with DNA Methylation: DNA tests now claim to calculate your "biological age"—a measure of how well your cells are aging. The most accurate biomarker so far is **DNA methylation**, as measured in Horvath's Clock and DunedinPACE in longevity research.

How to Use Biomarkers for Longevity

Tracking biomarkers is essential for understanding your health risks and optimizing longevity. But how do you know which biomarkers matter?

YOUR 3-STEP BIOMARKER GUIDE

- **Step 1: See the Change** – Is the biomarker shifting over time? If it never changes or fluctuates too rapidly, it's harder to act on.
- **Step 2: Say What It Means** – Does science support its role in longevity? For example, if triglycerides rise above 150 mg/dL, it can signal **elevated cardiovascular risk**. Your doctor should help you "say what it means."
- **Step 3: Do Something About It** – Take targeted action to optimize your levels. Resistance training and high-intensity cardio are proven to reduce triglyceride levels.

The Baseline Longevity Tests

Dr. Neil Paulvin recommends these foundational tests for anyone looking to optimize health and extend healthspan:

FULL BIOMARKER PANEL

Measures cholesterol, triglycerides, vitamins, minerals, inflammation markers (CRP), and heavy metals. Elevated CRP has been shown to **reduce life expectancy by 1**

year. Consult with your doctor to help unpack the results. Some of these tests can be information overload.

DEXA SCAN

DEXA ScanThe gold standard for measuring **bone density and body fat percentage**. Low bone density increases fracture risk, which can accelerate aging and loss of function. It's also important for muscle mass.

VO? MAX TEST

Measures **cardiovascular fitness and longevity potential**. Higher VO? max is directly linked to longer lifespan.

GRIP STRENGTH TEST

Not just for seniors! **A 2020 study** found that after age 45, grip strength declines correlate with cognitive decline and accelerated aging. Stronger grip = **slower aging** on a DNA level.

The Takeaway

Instead of guessing, use biomarker tracking, genetic testing, and precision medicine to customize your health strategy. The future of longevity is personalized, preventative, and backed by real data—giving you the tools to live longer and healthier.

Cellular Repair and Regeneration: Fighting Aging at the Root

Aging isn’t just about wrinkles and gray hair—it’s happening at the cellular level. One of the biggest culprits? Senescent cells—also called “zombie cells.”

These cells stop functioning properly and no longer divide, yet they refuse to die. When we’re young, our bodies efficiently clear them out, making room for new, healthy cells. But as we age, **this process slows down**, leading to a buildup of **inflammation-causing senescent cells**—a phenomenon known as “**inflammaging**.” This chronic inflammation is linked to cancer, cardiovascular disease, and neurodegenerative disorders.

Enter senolytics—a new class of experimental drugs designed to target and eliminate senescent cells, allowing new, functional cells to take their place. In animal studies, senolytics have been shown to extend lifespan and reduce age-related diseases. **Human trials are now underway,** testing these compounds for their potential to reverse aging-related inflammation.

Stem cell therapy is also emergent. Stem cells are the **body’s raw material for repair** and regeneration. These cells have the unique ability to transform into any type of tissue—whether it’s bone, muscle, nerve, or skin. Stem cell therapy is **already FDA-approved** for treating certain blood cancers. Research suggests promise in treating **neurodegenerative disease**s, like Parkinson’s, dental issues, eye diseases, and diabetes.

Future Outlook for Cellular Repair

The future of cellular regeneration is evolving rapidly, with breakthroughs in senolytics, stem cells, and artificial intelligence.

- **AI-Discovered Senolytics** ? A 2023 study **used machine learning to identify three new senolytic compounds** (ginkgetin, periplocin and oleandrin), accelerating drug discovery for human trials.

- **Stem Cells & Anti-Aging** ? In animal studies, scientists have successfully **slowed the aging process in skin cells** and believe these findings could enhance human tissue regeneration.

- **Stem Cells in Space?** ? Researchers at the Mayo Clinic are growing **stem cells in space**, testing whether low-gravity environments enhance stem cell function and regenerative potential.

- **The big question:** How soon will these therapies be widely available? While some are already FDA-approved, others—like senolytics and next-gen stem cell applications—are still in experimental phases.

The Best Cellular Repair Strategies & How to Use Them

Many anti-aging therapies are still in development, but you don't have to wait to boost your body's natural repair mechanisms. Senescent cell buildup is closely linked to **mitochondrial dysfunction**—the decline of the tiny energy-producing **powerhouses inside your cells**. Here's how to clean these zombie cells without feeling like a guinea pig.

EXERCISE & MITOCHONDRIAL BIOGENESIS:

Zone 2 cardio—sustained, low-intensity exercise (like brisk walking, cycling, or light jogging)—triggers **mitochondrial biogenesis**, the creation of new mitochondria.

MITOPHAGY:

Clearing Out Damaged MitochondriaModerate-intensity exercise helps **eliminate dysfunctional mitochondria**, replacing them with more efficient, high-functioning ones.

NAD+ THERAPY:

Some research supports **NAD+** (nicotinamide adenine dinucleotide) because it's an essential molecule for mitochondrial function. NAD+ naturally declines with age, leading to **reduced cellular energy**, DNA damage, and faster aging.

METHYLENE BLUE:

This compound has been shown to **enhance oxygen delivery to mitochondria**, which may support brain health, energy levels, and resilience to stress. Emerging research links methylene blue to **reduced oxidative stress** and improved cellular repair mechanisms. It is sometimes used alongside NAD+ for enhanced cellular function.

?The Takeaway:

While senolytics and stem cell therapy hold exciting promise, the best way to optimize longevity today is by focusing on mitochondrial health, exercise, and targeted interventions. By taking proactive steps now, you're setting the foundation for a longer, healthier future—one that could soon include cutting-edge regenerative medicine.

Exercise Tech: Smart Tools That Make Staying Active Easier

In 2023, more than **370 million people downloaded** over 850 million fitness apps, bringing customized workouts to smartphones and making fitness more accessible than ever. Technology has transformed home workouts, making it easier than ever to train efficiently, track progress, and stay motivated. Whether it's the space-saving, AI-powered resistance of Tonal, the immersive cycling experience of

Zwift, or the on-demand classes of Peloton, fitness tech is changing how people engage with exercise.

But while these tools make training more engaging and measurable, they don't replace effort."All these new technologies are tools, but there's still no magic bullet for fitness," says Dr. Shawn Arent, Chair of Exercise Science at the University of South Carolina. "What still matters is resistance, progressive overload, and aerobic fitness—whether that's running, walking, or cycling, those fundamentals don't change."

Future Outlook for Exercise Tech

Fitness technology is becoming more data-driven and personalized, with wearables and AI-powered platforms shaping the future of training.

- **Wearables Are Getting Smarter:** The next generation of VO? max trackers—a key longevity metric—will offer more precise, real-time insights.
- **AI-Powered Recovery Plans:** Garmin is partnering with Therabody to **merge fitness data** with personalized recovery recommendations, helping users train smarter, not just harder.
- **AI-Generated Workouts:** While many apps now offer **AI-driven workout plans**, experts are still evaluating their effectiveness compared to traditional human coaching.
- **Blood Flow Restriction (BFR) Training for Strength & Longevity:** BFR—once used primarily in **rehabilitation settings**—is gaining traction as an effective strength-building tool for aging populations. This technique uses a cuff or band to partially restrict blood flow while lifting lighter weights, promoting muscle growth and strength gains without high joint stress..

As smart fitness continues to evolve, the challenge remains: Will these tools help people stay consistent, or will they create more noise?

How to Use Your Fitness Tech

The best approach to fitness tech blends cutting-edge technology with proven fitness principles to build strength, longevity, and resilience.

First, remember to stick with what motivates you. If Peloton gets you moving, great! If Zwift makes cycling fun, stick with it. The best workout is the one you'll actually do.

Second, "Use the data to make informed decisions, but don't let it control your workout," says Arent. If your WHOOP recovery score is low but you feel great, trust your body. Conversely, if you feel fatigued even when your watch says you're fine, take a rest day.

Third, remember to embrace new tools, but don't ignore the basics: Progressive overload, strength training, and aerobic exercise still matter. AI and fitness trackers can enhance training—but they can't replace effort.

The Best Fitness Tech & How to Use It

BEST BLOOD FLOW RESTRICTION DEVICE: *B Strong BFR Bands*

Pair with light resistance training to maximize strength gains.

BEST HOME GYM TECHNOLOGY: *Tonal (AI-powered resistance training)*

Perfect for progressive overload without needing a room full of heavy weights.

AI-POWERED TRAINING BEST APP: *Future Fitness*

Ideal for personalized strength training with real-time feedback.

The Takeaway:

Smart fitness tools make training more convenient, but consistency and effort still

drive results. Use AI, wearables, and data tracking as a tool—not a crutch—to build lifelong fitness habits.

Nutrition Technology: Smart Tools and Supplements for Longevity

One of the most impactful ways technology can influence healthy eating is in your pocket: Using a smartphone to track your diet results in healthier eating. In **a research review from 2024** that looked at studies of 25 different smartphone apps, scientists found that any kind of phone tracking helped improve healthy eating habits. al

Technology may soon tell you *what* to eat based on your current need for fuel. A company called **Lumen** has a product that claims to do just that: Breathe into the device, and it can tell whether you're burning fat or carbs. The company's app then recommends nutrition strategies based on this data to help you lose weight, stay healthy, or perform better in the gym..

Buyer beware, though: While it's been verified in a **few studies**, all of those studies have been funded by or supported by the company.

Another area where nutrition technology and research are helping us age better: Supplements. Emerging entries like **urolithin-A**, a compound that is produced in some people—but not all—after eating pomegranate, have been shown to help with mitochondrial health and function, as well as fighting inflammaging.

Future Outlook for Super Agers: AI & Personalized Nutrition

Just as precision medicine is tailoring healthcare, personalized nutrition is emerging as

a game-changer for longevity.

- **Gene-Diet Interactions** ? Scientists are exploring how genetic variations affect metabolism, nutrient absorption, and disease risk, aiming to develop **customized dietary recommendations**.
- **AI-Designed Food & Supplements?** ? Artificial intelligence is being tested to **optimize nutritional formulation**s and create food products designed for longevity. While still in development, this could reshape how we approach diet and aging.

Your Longevity Nutrition Plan

While AI-driven nutrition is still evolving, there's plenty you can do today to support cellular health, brain function, and longevity. Dr. Paulvin recommends these four research-backed supplements that have multiple benefits and minimal interaction risks:

Creatine Monohydrate: **Boosts muscle strength**, recovery, and cognitive function. Well-studied with minimal side effects.

Coenzyme Q10 (CoQ10): Supports mitochondrial health and **muscle performance**, especially for those on statin medications, which reduce natural CoQ10 levels.

Fish Oil (Omega-3s) ? Reduces inflammation, supports brain health, and **protects against age-related muscle loss**. A 2018 study found that higher Omega-3 levels were linked to healthier aging.

Vitamin D ? Essential for heart health, immune function, and muscle preservation. Deficiency is linked to cardiovascular disease and **sarcopenia** (age-related muscle loss).

By combining smart nutrition technology with proven supplements, you can take

control of your healthspan now—without waiting for the future of AI-driven nutrition.

Our Picks: Best Nutrition Tools

Looking for science-backed tools to optimize your diet, metabolism, and longevity? These top-rated nutrition technologies can help you track biomarkers, personalize your diet, and improve metabolic health.

BEST CONTINUOUS GLUCOSE MONITORING (CGM): Libre Freestyle

Tracks real-time blood sugar levels to optimize diet and prevent energy crashes, weight gain, and metabolic dysfunction. Use for 2-4 weeks to identify how food, exercise, and stress affect your glucose levels.

BEST GUT MICROBIOME TESTING: Zoe

Analyzes gut bacteria to offer personalized diet recommendations for better digestion, inflammation control, and immune health. Use results to adjust your diet—adding foods that support beneficial gut bacteria and removing those that cause inflammation or imbalances.

BEST SMART METABOLIC TESTING: Lumen

Measures whether your body is burning fat or carbs in real-time and offers personalized nutrition recommendations. Use before meals or workouts to determine if you need more carbs for energy or if your body is in fat-burning mode.

BEST NUTRITION APP FOR MACROS & FITNESS INTEGRATION: MyFitnessPal?

Tracks calories, macros, and micronutrients while syncing with wearables like Apple Watch, Fitbit, and Garmin. Use it alongside Lumen to fine-tune carb intake based on

real-time metabolism data.

By integrating these nutrition technologies into your routine, you can take a data-driven approach to optimizing health, performance, and longevity.

The Roundup: The Best Longevity Tech for Your Goals

When it comes to health technology, there's not always a "best" option. Finding the right solution for you involves two factors, Navalta says: Which devices and apps have been proven to work, and which ones from that group you'll actually use.

Don't want to pore over studies yourself? We've done some work for you. These tech picks for various longevity goals are convenient to use, and have been shown in research studies to work. Pick your goal, and see if these options could fit your life

Our Picks for Your Longevity Goals:

BEST SLEEP TRACKER: WHOOP

In an analysis of three studies, WHOOP was the most accurate wrist-worn wearable, **closely matching lab polysomnography** results for total sleep time and sleep stage tracking.WHOOP also provides detailed sleep performance insights, including sleep debt, efficiency, and recovery scores, which help users optimize both sleep quality and overall recovery. Unlike many other wearables, WHOOP's continuous heart rate variability (HRV) tracking enhances its accuracy in detecting sleep cycles and overall readiness, making it a top choice for athletes and serious health trackers.

BEST VO? MAX MONITOR: *Garmin Fenix 6*

?Lab studies show that Apple Watch significantly overestimates VO? max, while Fitbits fail to match standard equations used in exercise testing. Garmin models, including the Forerunner 920XT and Fenix 6, have been found to provide VO? max estimates closest to lab results, though the Fenix 6 showed less accuracy in blood oxygen readings. A January 2025 study confirmed **Garmin's reliability for VO? max tracking**, making it one of the most accurate consumer wearables for fitness assessment.

BEST DIET TRACKING APP: *MyFitnessPal*

?Tracking food intake via a mobile app can **improve overall eating habits**, and MyFitnessPal stands out for being free, simple, and widely used. Its large food database ensures that most prepackaged foods are already logged with accurate nutritional information, making tracking faster and more reliable.

BEST MENOPAUSE APP: *Health & Her*

?In a two-month study of 1,900 women, the Health & Her app helped users track symptoms and manage them through guided exercises, leading to **measurable symptom reduction**—though the study was company-funded. Unlike many competitors, Health & Her is free and includes evidence-based tools like pelvic floor and meditation exercises to help manage menopause.

BEST STEP COUNTING: *Apple Watch Ultra 2*

?Hip-worn pedometers are generally more accurate than wrist wearables for step counting, with Fitbit devices slightly outperforming Apple Watch in large analyses. However, Apple Watch is the **most accurate wrist-worn device** for heart rate tracking, making it a strong choice for overall fitness monitoring. While its step counting isn't the best, its heart rate accuracy provides a valuable advantage for users focused on both activity tracking and cardiovascular health.**?**

BEST METABOLIC HEALTH DEVICE: *Lumen*

Lumen measures whether your body is burning fat or carbs in real-time. In a 12-week pilot study involving participants with prediabetes, daily use of the Lumen device led to significant improvements in various metabolic parameters, **including reductions in body weight, body fat percentage, waist circumference,** and more. These findings suggest that Lumen's personalized, measurement-guided program may help enhance metabolic health.

BEST BRAIN TRAINING APP: *NY Times Crossword App*?

Despite the rise of brain training apps, classic games like **Sudoku have been found to outperform** them in improving cognition. A 2022 study tracking participants for nearly two years found that crosswords were **more effective than brain games** at preserving cognitive function in individuals with mild cognitive impairment, a key risk factor for Alzheimer's. This research suggests that traditional puzzles remain the best tools for brain health, especially for those at higher risk of cognitive decline.

Remember:

Longevity isn't about chasing trends—it's about integrating science-backed strategies into your daily life.

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