

THE 4 NUMBERS YOUR CHECK-UP **NEVER** MEASURES.

Your blood panel measures disease. These four measure **decline** — the thing that actually determines what your 60s look like. None of them need a specialist. All of them beat “normal for your age.”

01

GRIP STRENGTH

One of the strongest single predictors of healthy ageing in large studies — because grip tracks total-body strength. **Falling grip = falling muscle, years before you see it.**

HOW: hand dynamometer — most physios and many gyms have one. 60 seconds. Log the number, retest quarterly.

02

MUSCLE MASS

Not weight — **composition**. Two men at 80 kg can be a decade apart in health depending on how much of it is muscle. The standard check-up form doesn't have a field for this at all.

HOW: DEXA scan (best) or an InBody/BIA scan at a decent gym. Track lean mass, not the weight on the scale.

03

VO2 MAX

Cardio-respiratory fitness — among the strongest fitness-to-longevity correlations we have. “I feel fine at my desk” tells you nothing; **this number does.**

HOW: your smartwatch estimates it free. No watch? 12-minute walk/run test (Cooper test) — distance covered maps to VO2. Trend beats snapshot.

04

WAIST-TO-HEIGHT RATIO

Better metabolic risk signal than BMI, and it costs a tape measure. **Target: waist under half your height.** This is the number the belly negotiates with you about every December.

HOW: tape at the navel, relaxed, no breathing in. Measure monthly, same time of day.

The operating move: take this list to your next physical and ask for all four. If the answer is **“we don't measure that”** — that's not a reason to skip the check-up. It's the proof that the check-up was never the whole picture.