

## **Instructions on how to measure the indicators**

To get the most accurate result from MitoAge Lite, it is important to enter data that is real and correctly measured. Here's how to do that at home – without special equipment, just with a tape measure, a scale, and a little attention.

### **1. Age and sex**

- Enter your completed years and select your sex.
- This information is needed because the reference values for the other indicators vary by age group and between men and women.

### **2. Height**

- Measure yourself barefoot, standing with your back against a wall.
- Look straight ahead, chin slightly tucked.
- Place a book or a horizontal line on top of your head and mark the spot.
- Measure in centimeters.

### **3. Weight**

- Weigh yourself in the morning after using the toilet, before breakfast, and with light clothing or without clothes.
- Use a stable scale on a flat surface.
- Record the result in kilograms.

### **4. Waist circumference**

- Measure with a soft tape measure, placed horizontally.
- The spot is exactly at the level of the navel, between the lower edge of the ribs and the top of the pelvis.
- Do not tighten the tape, but it should fit snugly against the skin.
- Measurement should be taken after a calm exhale.
- Record in centimeters.

### **5. Resting Heart Rate (RHR)**

- It is best measured in the morning upon waking, before getting out of bed.
- Place two fingers on the inside of the wrist or on the neck.
- Count the beats for a full 60 seconds using a stopwatch or an app.
- If using a smartwatch/fitness band, you can take the reading from it, but it is recommended to be at rest for at least 5 minutes before measurement.

## **6. HRV rMSSD (Heart Rate Variability, optional)**

- This is an indicator of heart rate variability and the balance between the sympathetic (stress, activation) and parasympathetic (relaxation, recovery) nervous systems.
- High HRV indicates better recovery and healthy mitochondrial function.
- **How to measure at home:**
  - 1) Smartwatches / bracelets: Apple Watch, Garmin, Polar, Whoop, Oura Ring – automatically calculate rMSSD (usually shown as “HRV (ms)”).
  - 2) Apps + heart rate monitor: Elite HRV, HRV4Training, Kubios HRV – work with a chest strap or even a phone camera.
- It is best to measure in the morning, at rest, before coffee, food, or physical activity.
- If you don't have a device, just leave this field blank – the calculator will work without it.

## **Why are proper measurements important?**

Each of these indicators is simple, but together they provide a strong insight into your mitochondrial function and biological age.

- BMI and waist/height ratio indicate metabolic risk and fat tissue load.
- RHR is a mirror of mitochondrial efficiency in the heart muscle.
- HRV is a direct indicator of how well your body adapts and recovers. The more accurately you measure the values, the more reliably MitoAge will reflect your true mitochondrial age.

## **Next step – save and export the results**

After entering the values and receiving your MitoAge result, you can save it anonymously and then download a detailed PDF report. This way, you will have a visual report in a convenient format that includes all calculations, interpretation, and recommendations. The file is intended for personal use – you can save it on your computer or phone, print it, or share it with your doctor or trainer. Through the Export to XLSH button, you will find all measurements taken so far. This allows you to track changes over time and compare results with new tests, making MitoAge a practical tool not only for instant assessment but also for long-term monitoring of mitochondrial health.