

The Meta-Age Questionnaire

Part One: The Mayo Clinic Criteria

These four questions come from the Mayo Clinic study on ideal cardiovascular health. Meeting all four places someone in the 2.7% of adults.

1. Are you a non-smoker?
2. Do you maintain a healthy diet most of the time?
3. Do you get sufficient physical activity each week?
4. Do you maintain a healthy body fat percentage or metabolic profile?

Part Two: The Meta-Age Identity Questions

These ten questions ask something the medical criteria do not measure: whether someone is still fully participating in life.

5. Do you still care how you look, how you dress, and how you carry yourself in the world?
6. Do you want to remain physically capable, mentally sharp, and emotionally alive as you age?
7. Do you feel that midlife has made you less visible or less relevant than you were before?
8. Are you resisting the idea that ageing means accepting decline?
9. Do you still want to walk into a room with confidence, presence, and purpose?
10. Have you noticed changes in your energy or recovery — but refuse to let that define you?
11. Do you reject the two options culture gives you: chase youth or surrender to decline?
12. Do you want to be part of a generation that stays visible, capable, and fully participating in life?
13. When faced with a choice, do you generally choose participation over withdrawal?
14. Would you describe yourself as someone who is still evolving, not disappearing?