

## Biologické stárnutí

### Metodologie a reference

#### Metodologie - vlastní zpracování na základě:

- 1 How to Live Longer  
<https://time.com/3706709/stretch-your-timeline/>
- 2 Cellular senescence and chronological age in various human tissues: A systematic review and meta-analysis, 2022  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6996941/>

#### Další reference:

- 1 Markers of cellular senescence. Telomere shortening as a marker of cellular senescence, 2016  
<https://pubmed.ncbi.nlm.nih.gov/26805432/>
- 2 P16INK4a Positive Cells in Human Skin Are Indicative of Local Elastic Fiber Morphology, Facial Wrinkling, and Perceived Age, 2016  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4945882/>
- 3 Chapter Twenty Two - Beneficial effect of physical exercise on telomere length and aging, and genetics of aging-associated noncommunicable diseases, 2019  
<https://www.sciencedirect.com/science/article/abs/pii/B9780128161937000221>
- 4 Association of physical activity and nutrition with telomere length, a marker of cellular aging: A comprehensive review, 2023  
<https://pubmed.ncbi.nlm.nih.gov/34553645/>