Healthy adults exhibit biological aging of multiple organ systems over 12 y of follow-up

Biomarker values were standardized to have mean = 0 and SD = 1 across the 12 y of follow-up (Z scores). Z scores were coded so that higher values corresponded to older levels of the biomarkers; i.e., Z scores for cardiorespiratory fitness, lung function (FEV$_1$ and FEV$_1$/FVC), leukocyte telomere length, creatinine clearance, and HDL cholesterol, which decline with age, were reverse coded so that higher Z scores correspond to lower levels.