



Come with us on a journey towards healthier ageing

Although time passes the same for everyone, some of us age more quickly than others. Recently researchers found a way to study the rate of ageing and it's called the epigenetic clock - the timer that measures biological wear and tear as we age. At the Babraham Institute our researchers showed that mice also have an epigenetic clock and they're using this to understand the biology of ageing. In Race Against the Ageing Clock you'll find out more about your biological age and how it compares to your chronological age - the amount of time that has passed since you were born. Living a healthy active lifestyle can slow the clock, helping you to live healthier for longer, but some things can make your clock tick faster.

Discover how our researchers make sense of ageing in biology and find out more about our lifelong Race Against the Ageing Clock through these activities and videos, all suited to 15+ year olds.

Introducing the Race Against the Ageing Clock

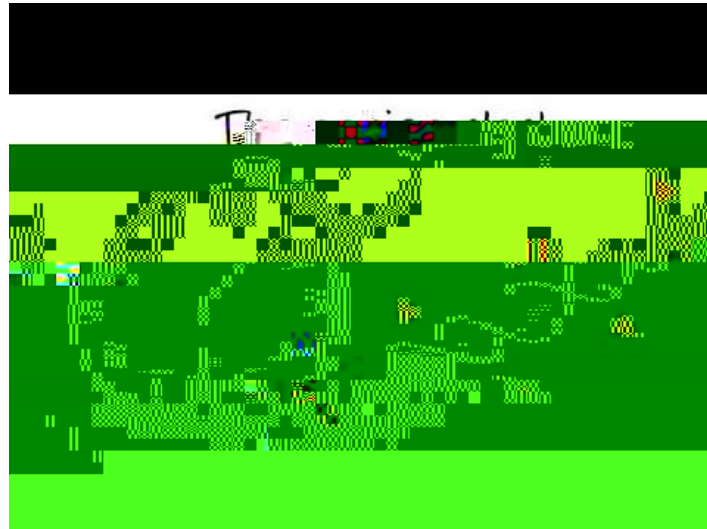
The following [video](#)

Can you rewind your Ageing Clock?



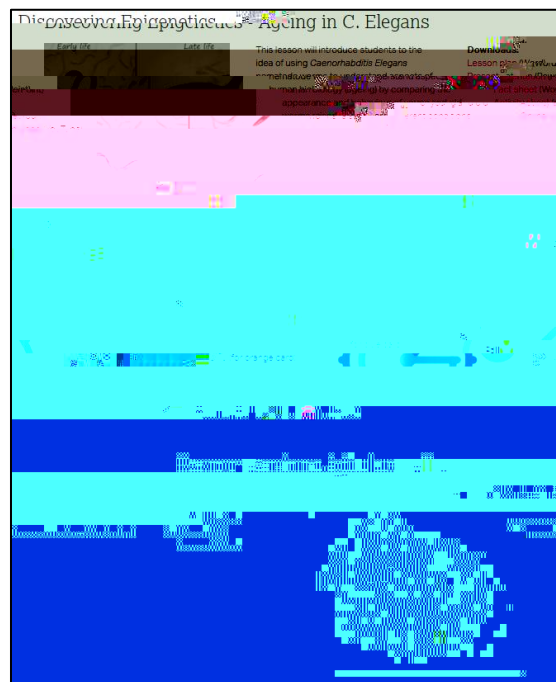


Over the last few years the research has progressed considerably. Check out the [following presentation](#) from one of our researchers, Diljeet Gill, recorded during an hour long public event held in August 2020. Here Diljeet brings us up to speed with the Ageing Clock research before answering questions from our public audience watching along at the time.



Explore the Race Against the Ageing Clock further

You can Race Against the Ageing Clock in school or at home with our [educational resources](#). See how we study worms to understand human ageing, how our ageing clock model works in mice, and discover what stem cells could do for the future of medicine. There are a range of lesson plans, activities, and presentations all available to download for use at home or at school.



Discover more from the Babraham Institute



The Babraham Institute is a world leading biological sciences research institute based in the village of Babraham in Cambridgeshire, UK. The Institute's research aims to better understand biological mechanisms underpinning human development, immune response, and the ageing process in order to promote improvements in lifelong health and wellbeing with impact upon jobs and wealth.

You can find out more about our wider research by visiting [our website](#) and by watching the following [short video](#):



We'd love to hear your feedback on our resources and answer any questions you might now have on our science! Please email any comments, questions or thoughts to PE@babraham.ac.uk.