**Figure 1**

*Summary Statistics of Numeric Variables in the Dataset.*

*A screenshot of a computer screen

Description automatically generated*

**Figure 2**

*Correlation matrix of Numeric Variables in the Final Dataset.*

A screenshot of a graph

Description automatically generated

**Figure 3**

*Pair plot of Key Variables Related to Biological Age.*

A graph of a diagram

Description automatically generated with medium confidence

**Figure 4**

*Regression results for Research Question 1: Biomarkers only.*

*A screenshot of a computer

Description automatically generated*

**Figure 5**

*Regression results for Research Question 2: Biomarkers plus lifestyle factors.*

*A screenshot of a computer

Description automatically generated*

**Figure 6**

*Regression results for Research Question 3: Full model with biomarkers, lifestyle, and health indicators.*

*A screenshot of a computer

Description automatically generated*

**Figure 7**

*Random Forest Model Results: R² Score, RMSE, MAE, and Top 10 Feature Importance.*

*A screenshot of a computer

Description automatically generated*

**Figure 8**

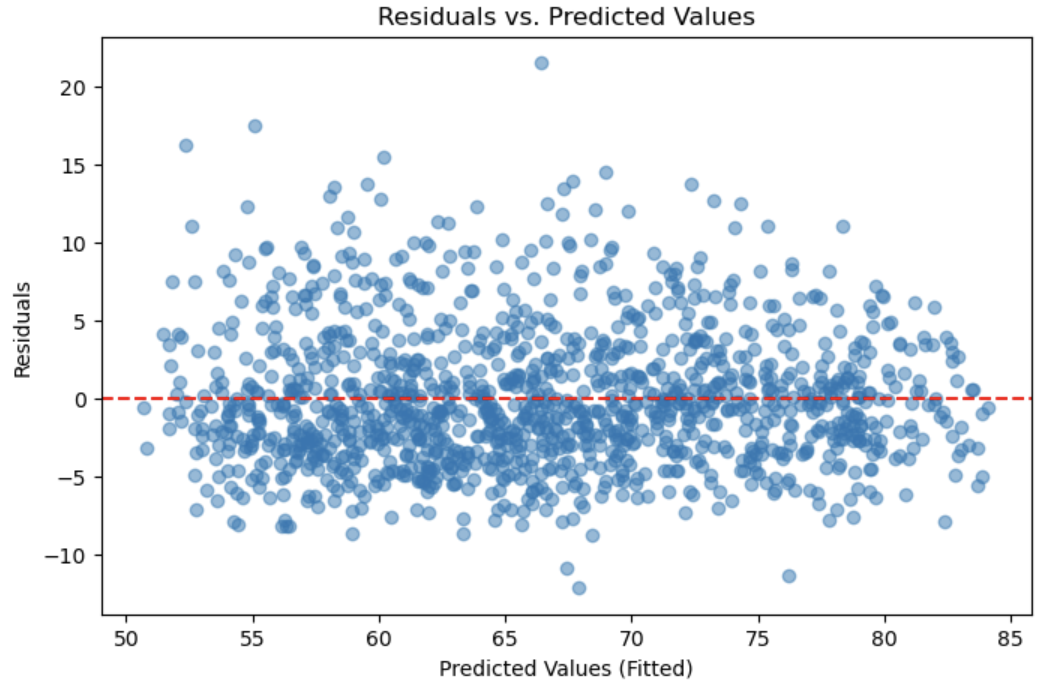
*Model performance comparison using R² (blue bars) and RMSE (red line). Bagged Trees and Random Forest outperformed Linear Regression and SVM in predicting biological age.*

**A graph with a red line

Description automatically generated**

**Figure 9**

*Residuals vs. Predicted Values for the Full Model for Linear Regression.*



**Figure 10**

*QQ Plot of Residuals for the Full Model for Linear Regression.*

