

Global Healthspan Policy Institute

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# GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we get a look at new studies that show how resistance exercise could protect bones in some elderly adults, learn about some new startups that hope to extend our lives, and get an (at least) annual reminder that getting more exercise will keep us healthier and extend our lives.

We also get a look at a new study that demonstrates how exposure to reactive oxygen can extend the lives of worms. Could we learn something from that to apply to humans?

Before you go, don't forget to check out the list of upcoming conferences and events in the world of aging research. You'll see events updated every week, so keep checking in!

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.



Edwina Rogers, CEO  
Global Healthspan Policy Institute



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## GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US



## Study: Resistance Exercise May Protect Bones in Overweight Elderly Adults

As we try to control our weight with age, many diets can result in bone thinning, resistance exercise could help reduce risks associated with that.

[Read More](#)



## How can we live longer? 5 European startups extending our lifespans

A look at five European startups focused on extending our health and lifespans.

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organizations and 16 major international organizations. Will yours be next?

By joining the coalition you get access to the GHPI fellows, top experts in aging research. You gain more influence over national and world events. You are invited to our pilot projects. You get access to healthspan investment funds and our ability to promote your achievements. You get news updates, and can join our weekly coordinating call that steers the future of the healthspan movement.

[Join The Coalition Here](#)

## We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

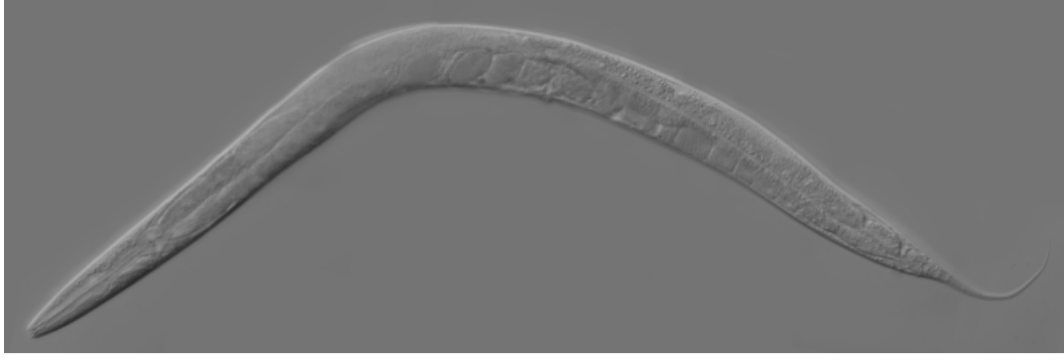
[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

## All Call For Volunteers For Healthier, More Productive Years of Life!

What if the US Congress took the lead funding healthspan research? Or by removing barriers to treatments to new therapeutics that can prevent diseases like cancer?

For the first time governments seem to be listening -- and you can help!

GHPI needs volunteers to engage with the public and ally nonprofit groups around the world.



## Being exposed to reactive oxygen helps worms live longer lives

*“Worms exposed to reactive oxygen species early in life actually lived about 18% longer than their unexposed counterparts”*

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## Get Moving to Stay Healthy

It's that time of year, millions of adults will make commitments to get more exercise—this time, be sure to do it!

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Contact [dcarver@healthspanpolicy.org](mailto:dcarver@healthspanpolicy.org) to join the tiger team today!

## Upcoming Events

[Expanded Access Summit The Global Forum on Pre-Market Access to Medicines](#)

January 27-29, 2020  
Washington, DC, USA

[View More Events Here](#)



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