

Global Healthspan Policy Institute

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GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn how the NIA is working with personal tech devices to improve our health as we age and how doctors can use exercise levels to predict heart disease. We also learn about specific behaviors that can shorten our lives and learn 6 exercises we can all do during our increased time at home.

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



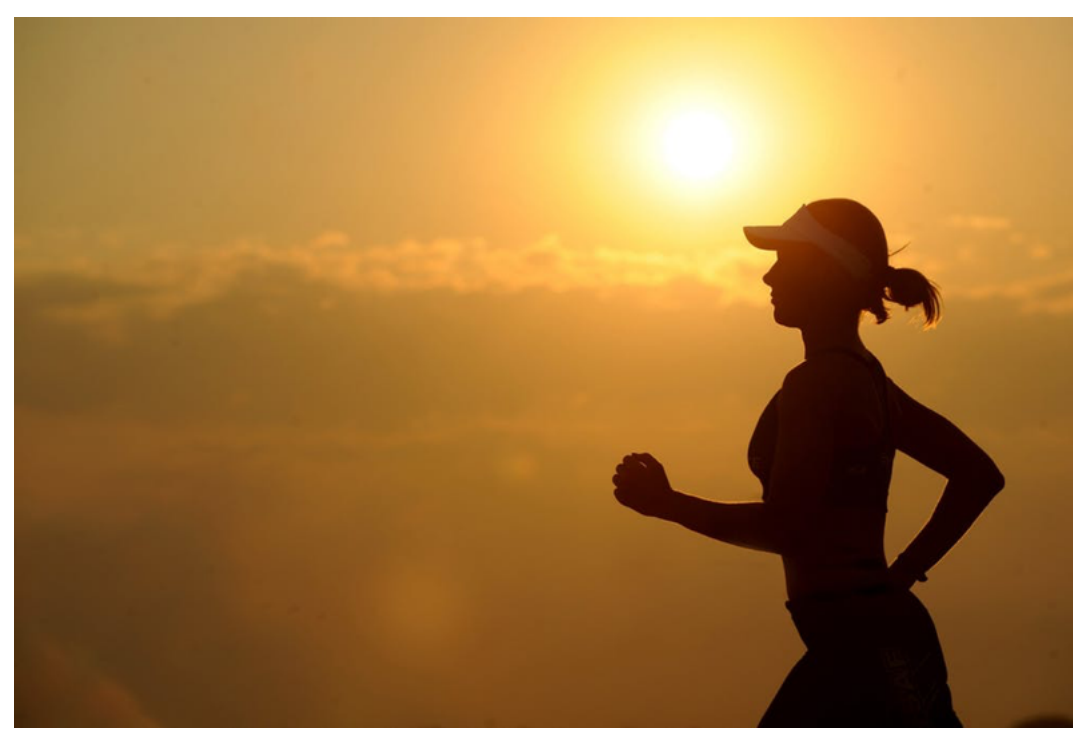
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Exercise levels can help doctors predict risk of heart disease and death among elderly

Simply asking elderly patients about their exercise routines can give doctors a lot of information they can use to predict heart disease risks.

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National Institute on Aging

Beyond smart phones: Applying sensors and devices for healthier aging

As older people become increasingly savvy with technology, the NIA is researching new ways to utilize personal devices to improve health as we age.

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What Behaviors Will Shorten Your Life?

US News & World Report examines years of research to see what behaviors will really shorten your life.

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6 simple exercises for seniors to do at home

Especially during a time when so many of us are staying home as much as possible, these exercise tips could be quite helpful.

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GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US 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.

Contact dcarver@healthspanpolicy.org to join the tiger team today!

Upcoming Events

Note: Due to changing circumstances surrounding COVID-19 leading to cancellations, we are temporarily unable to include a list of upcoming events. We'll be sure to keep you up to date as future events are scheduled.



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