



Hello,

This week we learn that we may have been working a little too hard getting our steps in to stay healthy and that a new drug cocktail could reduce the impact of chronic back pain on millions of aging adults. We also learn about a new anti-aging research startup being backed by Jeff Bezos and get a look at how our psychological outlook in middle age could be affected as the average lifespan gets longer.

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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### Study Suggests a New Number of Daily Steps For Health Benefits, And It's Not 10,000

A new study indicates that rather than a specific number of steps, simply increasing the physical activity of the least active people will yield the best results

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### Jeff Bezos reportedly backs high-powered new company to fight aging

The Amazon founder is reportedly backing Altos Labs, a new anti-aging research startup

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### Can Advances In Aging Research Help You Overcome The Mid-Life Crisis?

As we find ways to increase the human lifespan, how will that affect the very common mid-life crisis?

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### Drug cocktail reduces aging-associated disc degeneration

This new research could lead to therapies that could benefit the millions of adults who suffer from chronic back pain.

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

### Upcoming Events

Due to the ongoing COVID-19 Pandemic events are very limited. As new ones are publicized, we will include them here.

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