

Global Healthspan Policy Institute

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Hello,

This week we learn how much exercise we need to see longevity benefits, how mutations in mammal species could lead to insights on longevity, and how epigenetic age markers could predict cognitive decline later in life. We also learn how an ongoing project on canine aging is looking for more participants.

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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For longevity, aim for 150 minutes of weekly exercise

Based on recent studies, experts recommend 150 minutes of moderate-intensity exercise every week to see longevity benefits

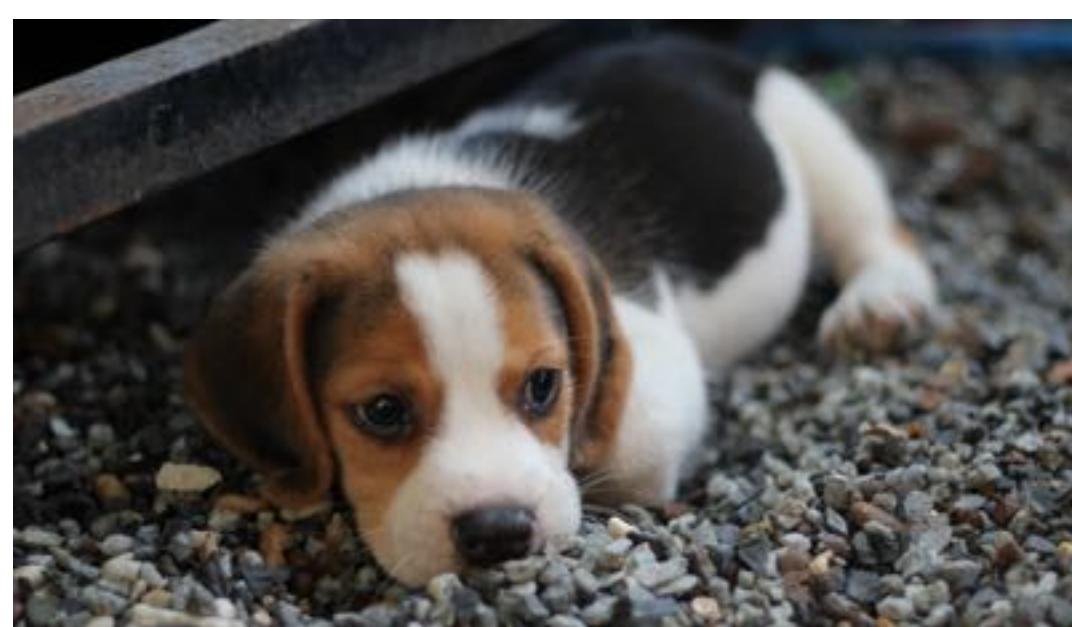
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Mutations in 16 species reveal clues to human aging

Researchers at the Wellcome Sanger Institute have found a pattern in how mammal cells mutate that could lead to insights in longevity research

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More Dogs Needed for Project to Improve Canine Lifespan

Researchers are looking for more furry participants in their study on canine aging, which could lead to new therapies and even insights into human aging

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Epigenetic 'Age' Predicts Cognitive Function

A new study shows that epigenetic markers of cognitive aging can predict performance on cognitive tests later in life.

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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](#)

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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