



GLOBAL HEALTHSPAN POLICY INSTITUTE



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Hello,

This week we learn how much exercise we need to reduce our chances of early death, we learn why humans tend to die around age 80, and learn about one nutritionist's opinion on the vitamins that will keep our brains healthy as we age. We also learn that we all need to have a little more fun in life if we want to live longer and feel healthier.

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



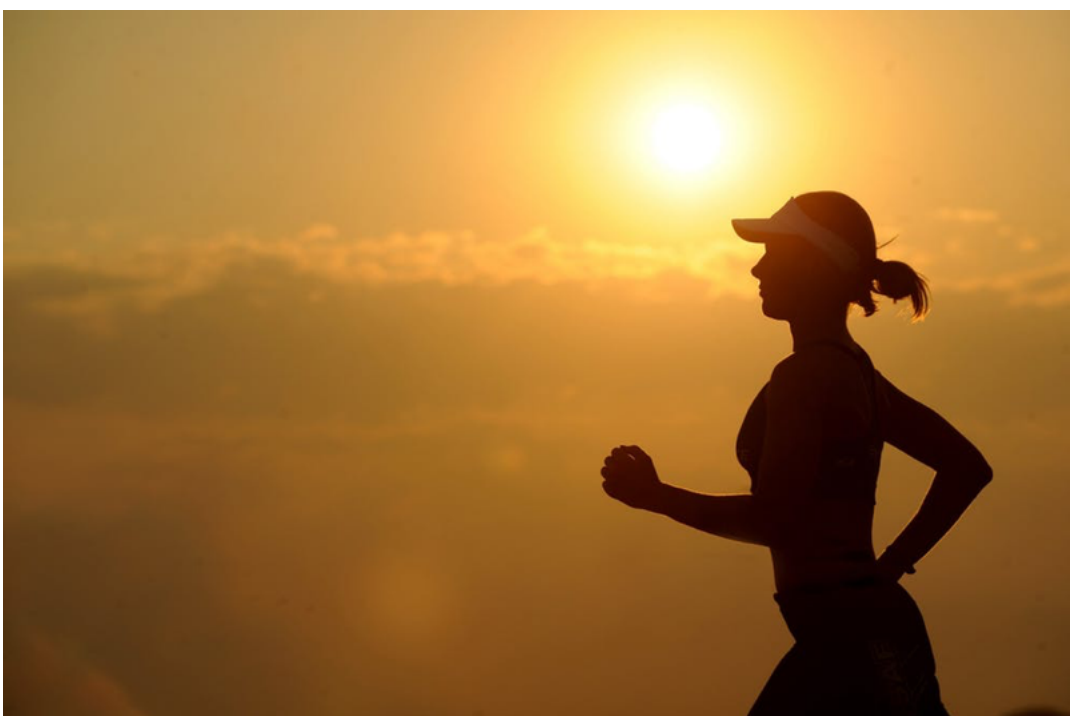
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Is 30 Minutes of Exercise a Day Enough?

New studies indicate that the most important thing is to exercise for at least 30 minutes per day, the type of exercise matters less.

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Scientists finally found the reason behind why people die at around 80

New research indicates that the reason humans die around age 80 is related to the number of genetic mutations we experience annually

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Plenty of sleep, healthy meals and exercise are part of your routine. What's missing?

It turns out that simply having fun is an important component of healthy living

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A Harvard nutritionist shares the No. 1 vitamin that keeps her brain 'young and healthy'—and foods she eats 'every day'

Dr. Uma Naidoo indicates that B vitamins are directly associated with brain health as we age

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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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