



Hello,

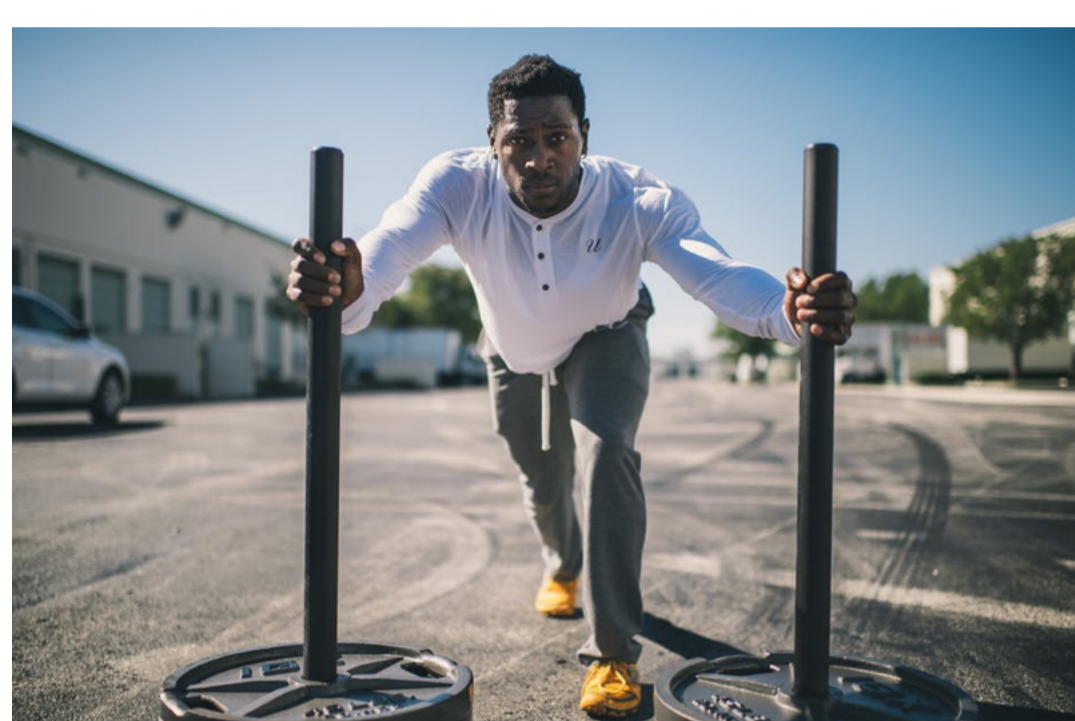
This week we learn how intensifying our activities for a few minutes a day could help us live longer, how some supplements really do help our hearts and how an anti-aging drug may only have benefits in females. We also learn about a new NIH grant to extend a UC Davis Health study examining brain health in people over 90.

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



**To live longer, pick up the pace just three minutes a day, study shows**

New research shows that adding just a few minutes per day of intense activity can lower our risk of early death from heart disease

[Read More](#)



**\$25 million NIH grant extends Life After 90 study 5 more years**

A UC Davis Health study examining brain health after 90 has been extended another 5 years with new NIH funding

[Read More](#)



**Several supplements may give the heart a boost**

Detailed research into a variety of popular micronutrient supplements shows that many do provide cardiovascular benefits, while some don't and others may even do harm

[Read More](#)



**Antiaging drug rapamycin might only benefit females, new research shows**

New studies of the drug indicate that it only has life extension benefits in female fruit flies, may lead to greater understanding of differences in aging

[Read More](#)



**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.



**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.

