



Hello,

This week we learn how practicing yoga could increase our lifespans, how strength exercise could be just as important as cardio and how maintaining healthy blood pressure could reduce our risk of dementia. We also learn about 5 sleep habits that could add up to 5 years to our lives.

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.

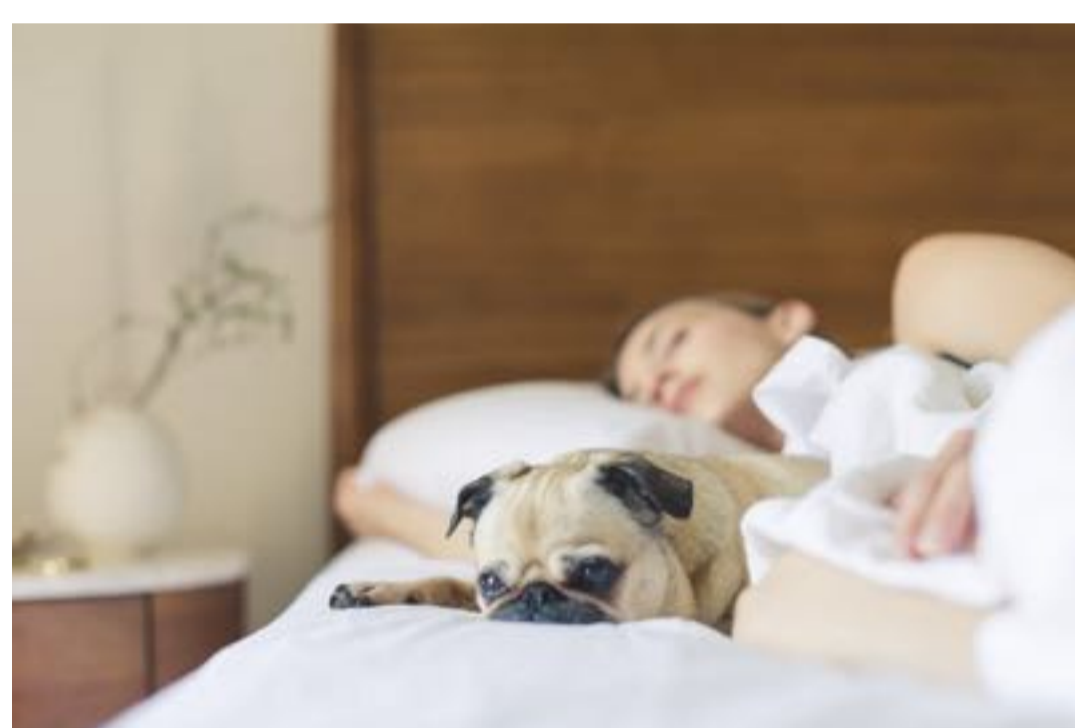
Edwina Rogers, CEO  
Global Healthspan Policy Institute



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**Strong evidence that yoga protects against frailty**  
New research indicates that regular yoga practice can help increase walking speed and leg strength, two major indicators of aging  
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**These 5 sleep habits could add 5 years to your life, say experts**  
A new study indicates that good quality sleep throughout your life can add up to 5 years.  
[Read more](#)



**New Study Links Weightlifting With Longevity, Lower Risk Of Death**  
A new study indicates that weight lifting and strength exercise have significant positive benefits when it comes to aging  
[Read more](#)



**Ideal blood pressure may remodel brain clearance pathways linked to brain health, dementia**  
New research indicates that maintaining healthy blood pressure could significantly help avoid age-related neurological disorders, dementia  
[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**

3/26/2023 - 3/27/2023

[Longevity.Nation](#)

Bar Ilan University, Israel

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**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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