

Global Healthspan Policy Institute

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Hello,

This week we learn how walking can help offset the negative effects of sitting for long periods, how the pace we walk at may be just as important as the number of steps we get in, and how age acceleration might be a better indicator of our cognitive health and ability as we get older than biological age. We also learn about new concerns regarding Alzheimer's and depression research, and how it may not be accounting for women correctly.

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



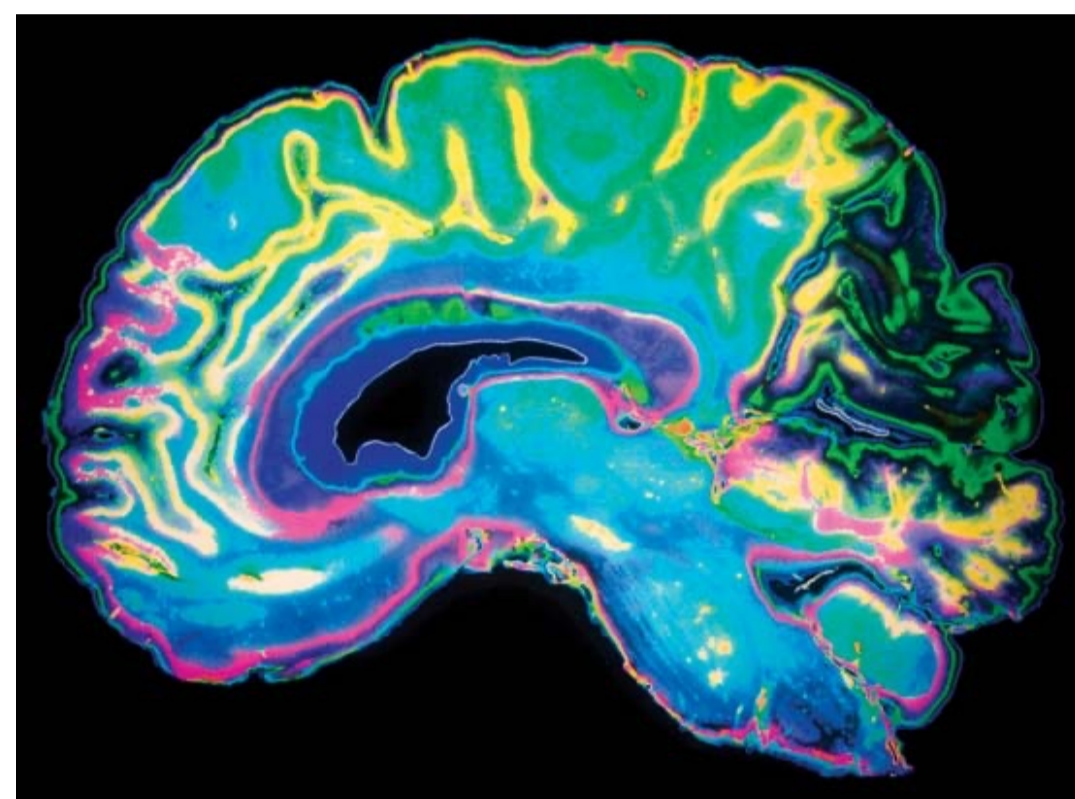
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'Grave Consequences': Scientists Warn of Extreme Bias in Brain Aging Research

A new review indicates that most studies on Alzheimer's and depression are not accounting for differences in how and when they affect men and women differently.

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Walking this many minutes a day can undo the harmful effects of sitting, study finds

The adverse effects of sitting for extended periods are well known, but adding a certain amount of walking per day can offset them.

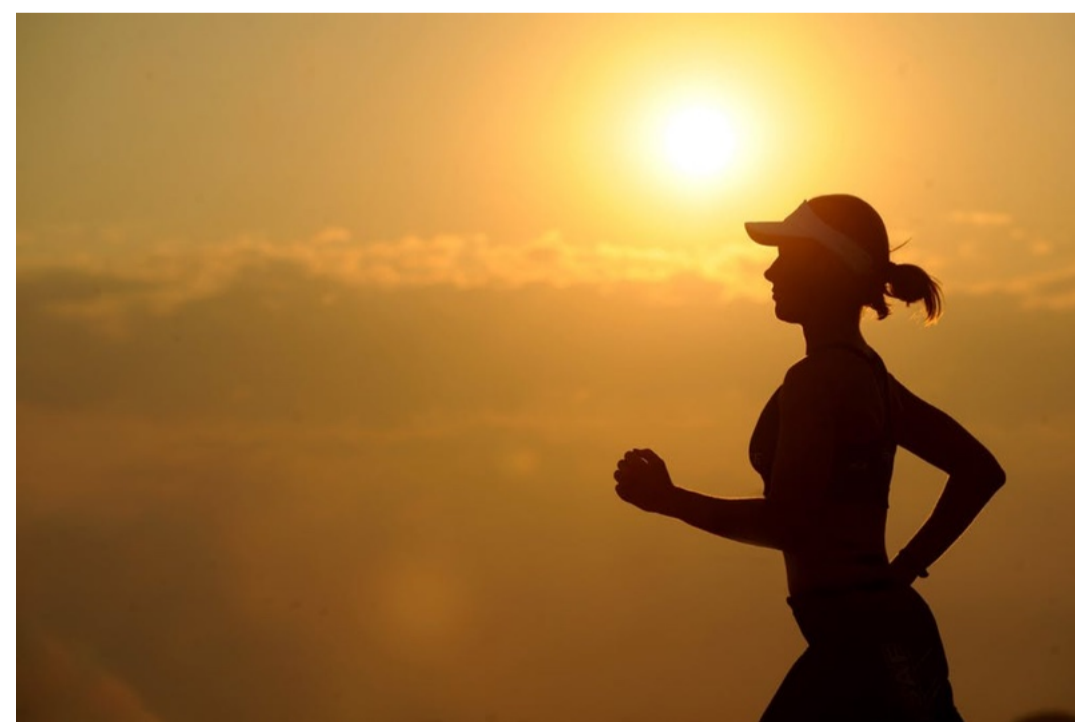
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Could Epigenetic Age Acceleration, Not Actual Age, Better Predict How Well You Remember?

A new study indicates that age acceleration may be a better indicator of how well a person retains and works with information as they get older than biological age

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Your number of daily steps matter—but so does your speed. Walking at this pace may help you live longer, new research reveals

It's not just about getting your steps in if you want to live longer, your pace may be just as important

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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.

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