



Hello,

This week we learn a little bit about why humans age and die, how exercise in middle age can help boost women’s health later in life and how sitting 8 hours per day can have negative effects on brain connections. We also learn how keeping our bodies’ multiple biological clocks in sync could boost aging.

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.

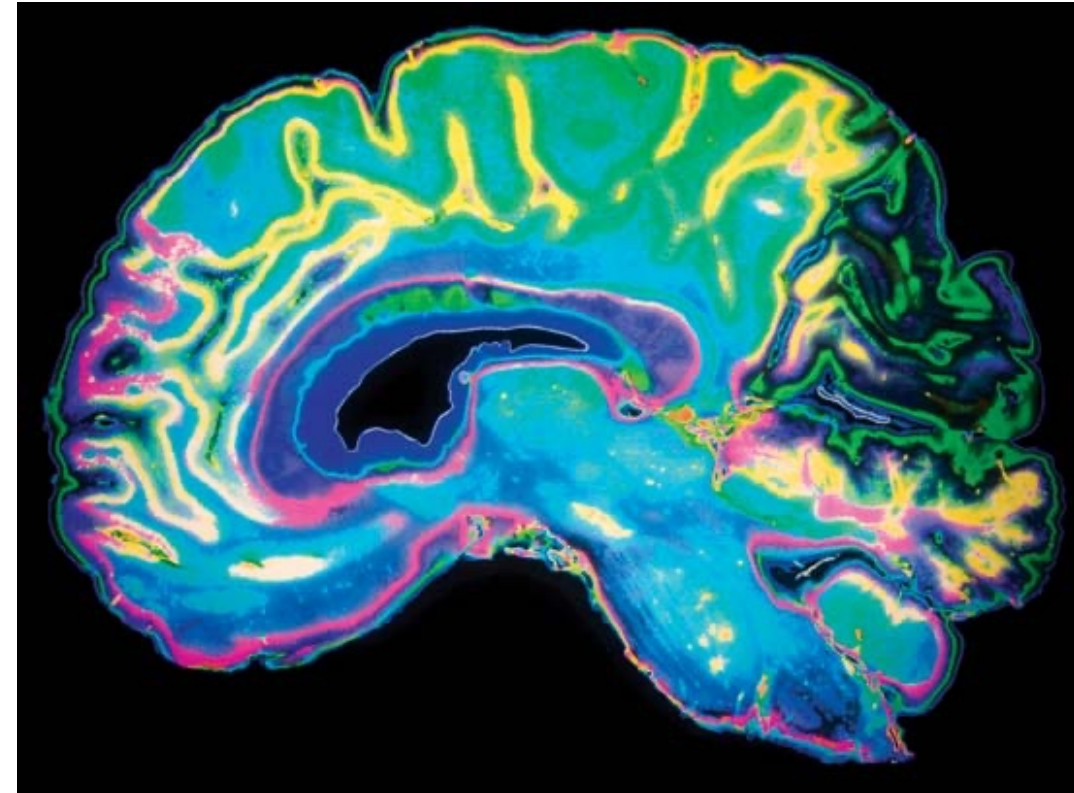
Edwina Rogers, CEO  
Global Healthspan Policy Institute



**Exploring the Age-Old Question of “Why We Die?”**

Nobel Prize-winning author Venki Ramakrishnan discusses his book on why humans age and what extended life spans might look like.

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**Coral Sanfeliu, aging researcher: ‘Sitting eight hours a day affects brain connections’**

Not only is exercise beneficial to brain health, but extended periods of sitting can be quite detrimental.

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**Staying Active Mid-Age Boosts Women’s Health Later**

A recent study indicates that women who adopt regular physical activity during middle age can significantly improve their health later in life

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**Keeping The Body’s Multiple Clocks in Sync Could Be The Secret to Slowing Aging**

There are several biological clocks keeping our bodies running, finding ways to keep them in sync could be the key to healthy aging.

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**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.](#)

[Join The Coalition Here](#)

**Upcoming Events**

