

Global Healthspan Policy Institute

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Hello,

This week we learn how intermittent fasting and exercise can help us control our weight, get a new understanding of why our biological clocks tick, and learn more about the benefits of exercise as we age. We also learn how maintaining a moderate and consistent indoor temperature can aid in preventing cognitive decline as we age.

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



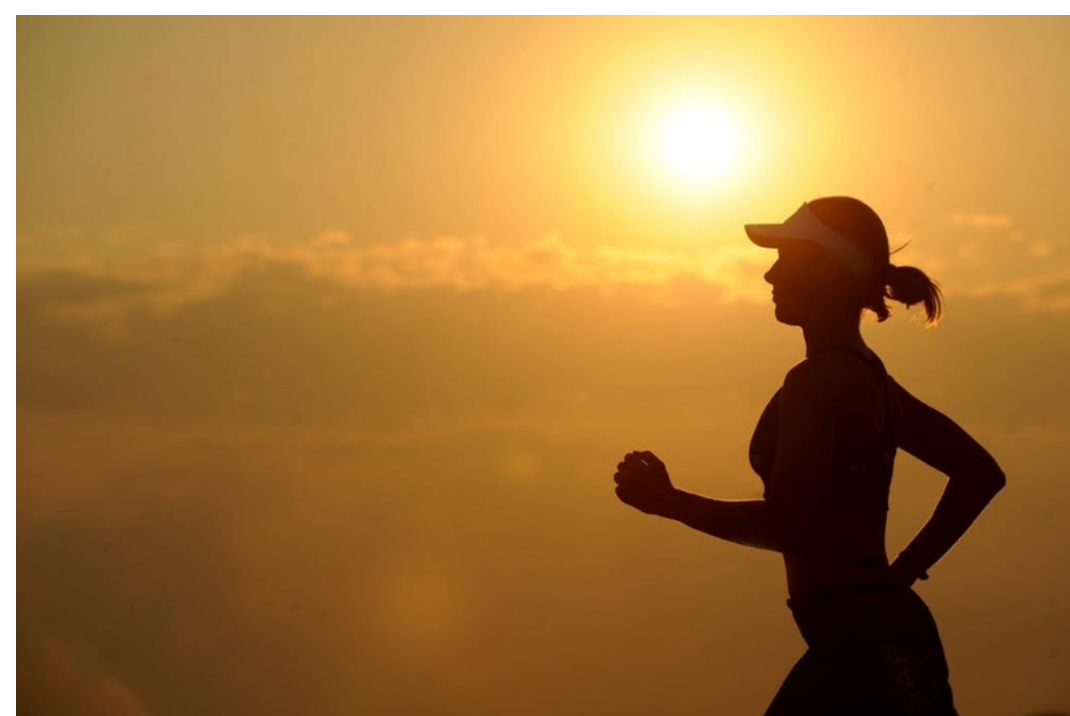
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Intermittent fasting paired with exercise may be best for weight loss

A recently published study shows that a combination of time-restricted eating, along with regular exercise may aid in weight loss and insulin resistance

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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



Why Our Biological Clock Ticks: Research Reconciles Major Theories of Aging

Researchers at UC San Diego School of Medicine have published a new study that aims to understand how and why cells age

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Mayo Clinic Minute: Aging and the benefits of exercising

A recent Mayo Clinic study shows how exercise and physical activity can reduce senescent cells, which contribute to aging and how we feel as we age

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Indoor Temperatures Tied to Cognitive Risks in Older Adults

A new study indicates that maintaining a consistent indoor temperature between 68°F and 75°F can reduce cognitive issues in older adults

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