

Global Healthspan Policy Institute

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Hello,

This week we learn about how tiny doses of exercise may protect your brain, how “superagers” resist brain decline, a surprising limit to Mediterranean diet’s effect on cognition, and a new MRI scan that may predict aging and disease.

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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Just 5 Minutes of Daily Activity Might Help Protect Aging Brains

A study finds that even short bursts (5 minutes) of moderate-to-vigorous physical activity are linked to better processing speed, memory, and executive function in older adults.

[Read more](#)



What Makes “Superager” Brains More Resistant to Aging

Research into individuals 80+ who maintain youthful cognition shows they tend to be more sociable and have more “spindle neurons,” possibly key to preserving brain health.

[Read more](#)



Mediterranean Diet May Not Boost Cognition in All Older Populations

In a study focusing on African American older adults, a Mediterranean diet intervention did *not* lead to improvements in cognitive function—though weight loss was observed.

[Read more](#)



Single Brain MRI Scan May Predict Aging & Disease Risk

Researchers developed a method that uses a brain MRI to infer rates of aging, with links to balance, gait, strength, cognition, and other health outcomes.

[Read more](#)



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](#)

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Upcoming Events

Transvision Madrid
International Longevity Summit
October 1-2, 2025
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