

Global Healthspan Policy Institute

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Hello,

This week we learn about the surprising impact of regular walking on cognitive decline, how lifestyle and mindset influence brain aging, the power of stopping smoking at any age for cognitive health, and the latest integrative lifestyle program that may delay Alzheimer’s in high-risk older adults.

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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Walking Just 3,000–5,000 Steps a Day May Delay Cognitive Decline by 3–7 Years

A study found that older adults who managed 3,000 to 5,000 daily steps showed slower cognitive decline—on average three years slower—while those hitting 5,000–7,500 steps delayed decline by up to seven years.

[Read more](#)



Healthy Habits, Optimism & Social Support Linked to Slower Brain Aging

Research from the University of Florida found that older adults with greater optimism, stronger social connections, better sleep, and stress-coping habits had measurable signs of younger-appearing brains.

[Read more](#)



Quitting Smoking at Any Age May Slow Cognitive Decline

In a new study, even individuals who quit smoking in midlife or later still experienced slower rates of cognitive decline compared to those who continued smoking—highlighting that it’s never too late to benefit.

[Read more](#)



Lifestyle + Diet Interventions Show Promise for High-Risk Older Adults (POINTER Study)

In the POINTER trial, older adults at risk of cognitive decline engaged in a program combining the MIND diet, exercise, social engagement, and heart-health monitoring—yielding meaningful cognitive benefits.

[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](#)

[Join The Coalition Here](#)

Upcoming Events

