

Global Healthspan Policy Institute

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Hello,

This week we learn about small daily habits that may add meaningful time to life, how exercise protects muscle and longevity, why sleep has a healthy-aging sweet spot, and how academic longevity clinics are trying to measure and slow biological 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



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The Bare Minimum You Need to Do to Add a Year to Your Life

Small improvements in sleep, movement, and diet may work together to support longer, healthier lives—showing that longevity gains do not always require dramatic lifestyle overhauls.

[Read more](#)



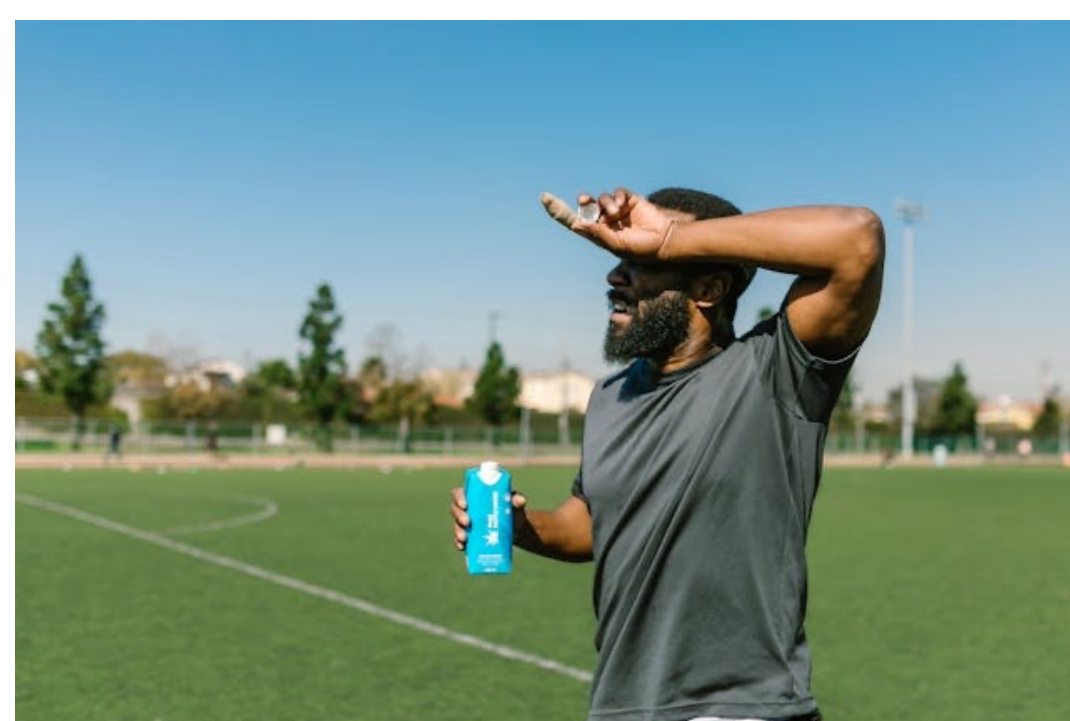
We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

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



How exercise boosts longevity, prolongs the health span: Latest evidence

Recent studies suggest exercise may help preserve muscle, support repair pathways, and lower mortality risk—especially when people mix different types of physical activity.

[Read more](#)



Too much or too little sleep may speed aging in brain, heart, and lungs

New research links both short and long sleep duration with faster biological aging across multiple organ systems, with about 6.4 to 7.8 hours associated with healthier aging.

[Read more](#)



Can aging be slowed? Some academic scientists think so

A growing number of academic longevity clinics are using biological-age testing and geroscience research to explore whether aging itself can be targeted before disease begins.

[Read more](#)

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