

Global Healthspan Policy Institute

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Hello,

This week we learn how walking speed may predict brain health well into our 80s, why simply standing up more often could lower cancer mortality risk, how increasing protein intake may help preserve strength and independence with age, and why spending time in the garden may do more than just grow vegetables.

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 Habit Could Signal a Healthier Brain After 80, Scientists Say

Researchers found that older adults who maintain a brisk walking pace into their 80s tend to have better brain health and cognitive function, suggesting that walking speed may serve as a simple indicator of 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



#### Breaking Up Sitting Time With Movement May Lower Cancer Mortality Risk by 22%

A new study found that replacing even small amounts of sedentary time with light physical activity was associated with a significantly lower risk of dying from cancer, reinforcing the importance of moving throughout the day.

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#### Scientists Say Most People Need More Protein as They Age

A recent review suggests that many older adults would benefit from consuming more protein than the current minimum recommendations, helping preserve muscle mass, strength, mobility, and independence later in life.

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#### Can Gardening Help You Live Longer? Science Says It Might

Research suggests that gardening combines physical activity, stress reduction, social connection, and time in nature—four factors consistently associated with healthier aging, improved mental well-being, and a longer healthspan.

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