



Blue Zones

Unlocking the Secrets to a Long and Healthy Life

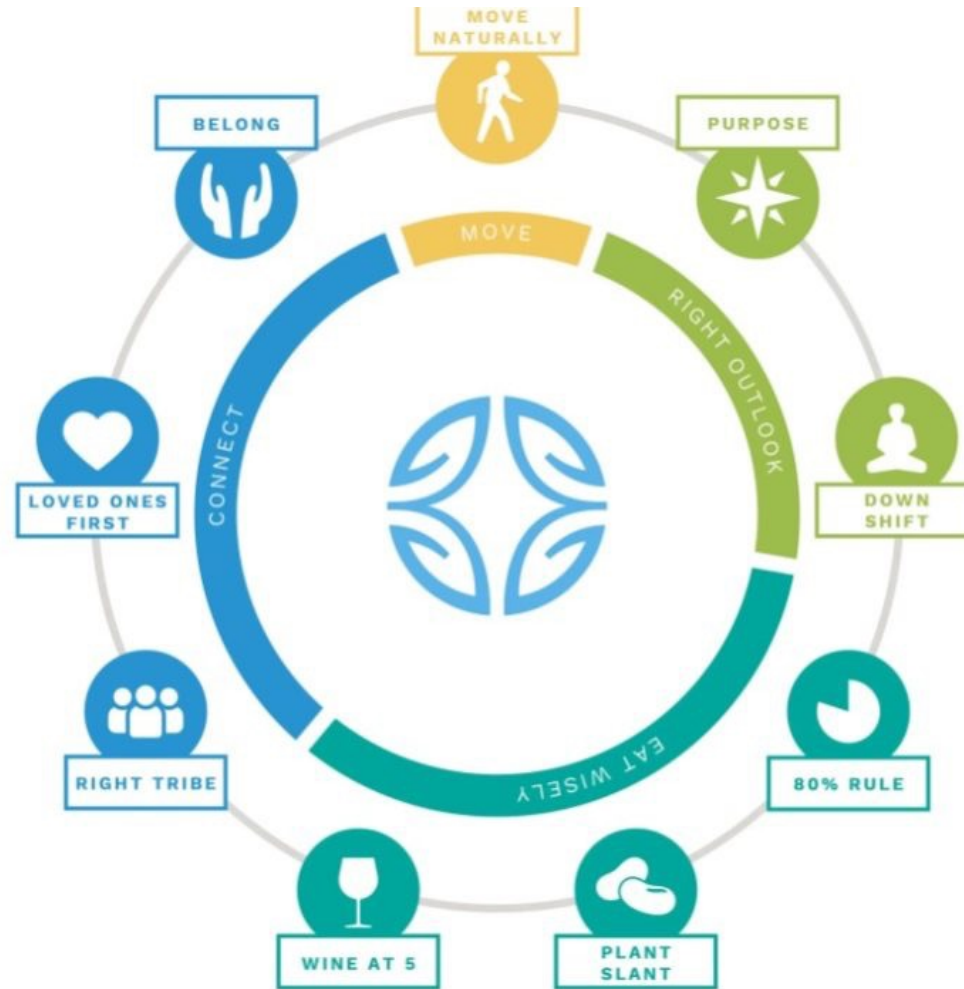
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BLUE ZONES

Blue zones are regions where a higher than usual number of people live much longer than average. There are five blue zone areas in the world.

Blue Zone: Nine Secrets



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#1 Move Naturally



#2 Purpose

Plan de Vida



生き甲斐

ikigai

[ee - kee - guy]

The thing that gets you up in the morning,
a reason for being. raison d'être

SATURDAYGIFT.COM

A word cloud graphic with 'purpose' as the central, largest word. Other words include 'life', 'day', 'mission', 'vision', 'live', 'path', 'follow', 'towards', 'EVERY', 'great', 'true', 'every', 'greater', 'fulfilled', 'desire', 'actions', 'life's now', 'make', 'always', 'clarity', 'dream', 'meaning', 'makes', 'power', 'hand', 'perfect'.

#3 Down Shift



#4 80% Rule “Hara Hachi Bu” +Timing



#5 Plant Slant and Serving Size



#6 Wine @ 5



Controversial

- March 2023 Study
- 4.8 M Participants from 107 studies
- **Outcome:** Low-volume alcohol drinking was not associated with protection against death from all causes.

Zhao J, Stockwell T, Naimi T, Churchill S, Clay J, Sherk A. Association Between Daily Alcohol Intake and Risk of All-Cause Mortality: A Systematic Review and Meta-analyses. *JAMA Netw Open*. 2023;6(3):e236185. doi:10.1001/jamanetworkopen.2023.6185

#7 Belong: Faith, Fellowship, & Belonging



#8 Loved Ones First



#9 Right Tribe: “Moais”



How Does This Apply to You?

- Largest town-Loma Linda (25,000)
- Temperate Climates
- Role of Genetics
- Role of environmental factors (noise, air and water pollution, climate change)
- Role of social determinants of health (SDOH)



How To Apply The Blue Zones

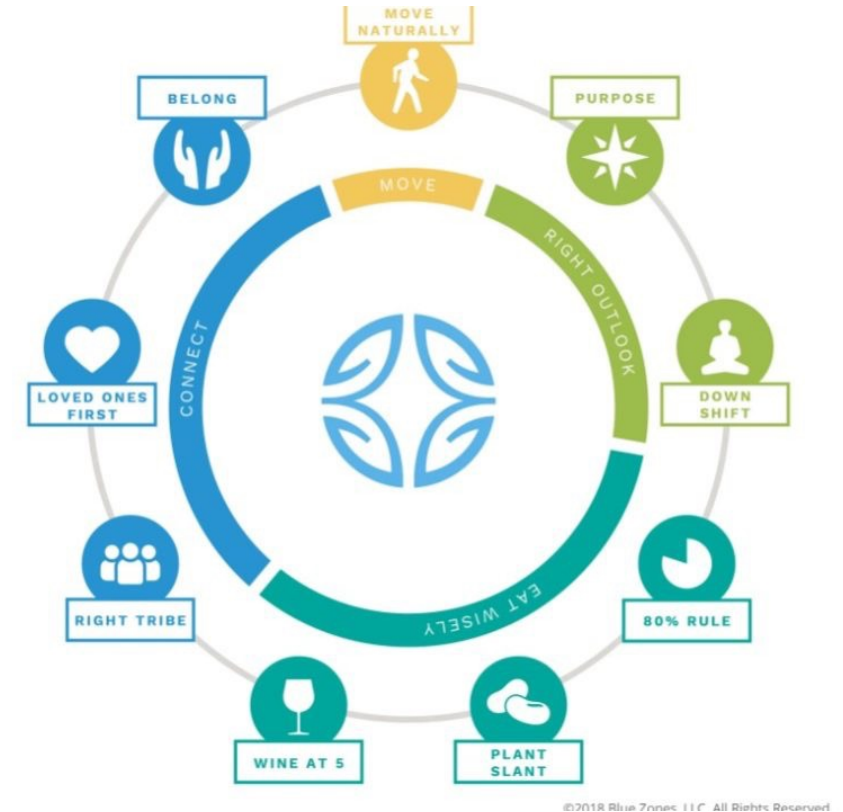
- May not be able to replicate
- Small changes can make a difference
- Changes to built environment make a difference

Albert Lea, MN



Take Home Points

- The Blue Zone “Secrets” are not so secret
- Connection
- Stress Reduction
- Socially, Physically, Mentally Active
- Applies to communities as well as individuals





Longevity and Healthy Aging Symposium