

Are You Blue?

The Key to Living to 100 and Their 9 Principles

By Lauren Ulsas

1

Natural Movement - live an active lifestyle rather than strict workouts

2

Purpose - having an overall sense of purpose in life

3

Downshift - take time to decompress and cope with stress

4

80% Rule - eat until 80% full and is a way to practice moderation

5

Plant Emphasis - eat a diet heavily derived from plants

6

Wine - drinking ~2 glasses of wine a day can have positive health effects

7

Find Belonging - to following a faith based community

8

Loved Ones First - prioritize relationships of those you love.¹

9

Right Tribe - have close knit social circles.¹

Blue Zones are areas of the world that have the highest rates of centenarians. These are some practices unique to each zone.²



Loma Linda, CA

This a largely Adventist community, which practices Sabbath and downshifting for 24 hours a week.¹



Okinawa, Japan

Okinawans practice "Hara Hachi Bu, which means to stop eating when 80% full."³



Nicoya, Costa Rica

Plan de Vida is commonly practiced and emphasizes the importance of purpose and living an active life.¹



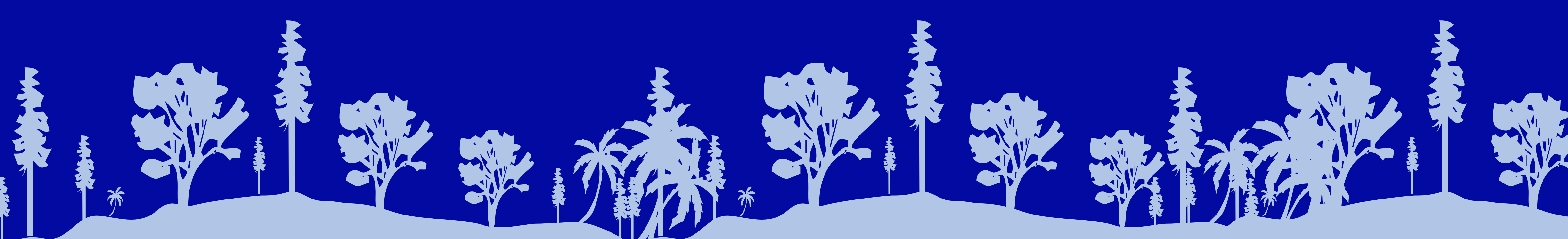
Sardinia, Italy

Sardinians emphasize drinking wine in moderation which can promote heart health and lower stress.¹



Ikaria, Greece

Ikarians practice the Mediterranean diet consisting of fruits, vegetables, beans, legumes, and olive oil.¹



References

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