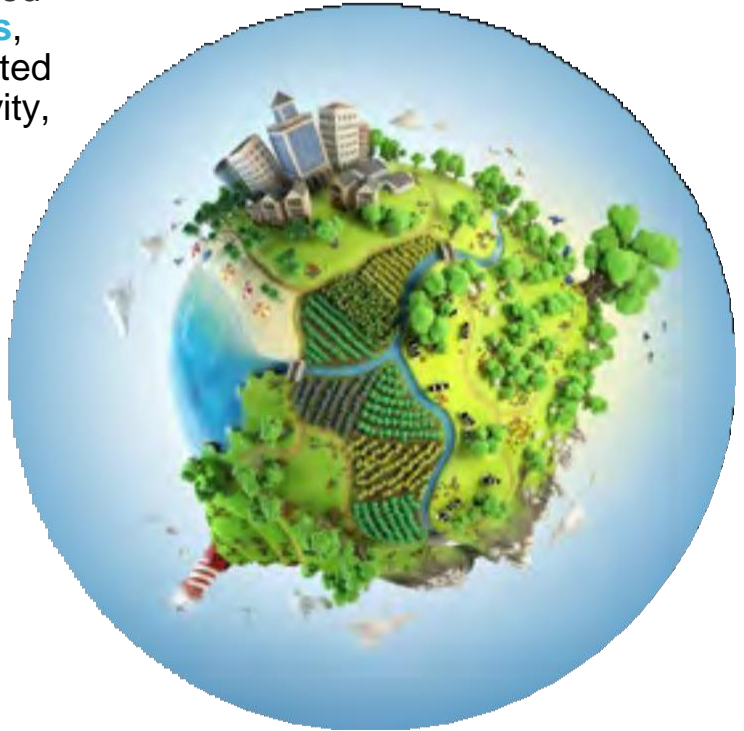


Dan Buettner and the Blue Zones

Buettner sums up what he learned in the Blue Zones **in 9 lessons**, from which six are directly related to the aspects of physical activity, nutrition, and leisure:

Moving naturally. The inhabitants of this region are not necessarily athletes, but they are

A **mostly active:** in Cerdeña they are shepherds, in Okinawa many people have their own gardens and crops, and they move around for their daily activities.



B **To have a purpose:** in the various blue zones there is a phrase or word that means “to have a reason to wake up every morning.” The people demonstrated what is stated in the previous section about the benefit to have a meaningful life.

C **Routines to manage stress:** each zone has a cultural practice that help people to manage stress. Some pray, others take nap, others have a daily ritual to honor their ancestry.

D **80% rule:** In Okinawa, people before eating say “Hara hachi bu” that refers to eating only to be satisfied 80%, not until completely full. Buettner found that in all blue zones, people eat a small meal in the afternoon or early evening, and don’t eat afterwards.

E The “**bias towards plants**”: most centenarian people eat vegetable products than any other. They only eat meat, generally pork, around five times a month and they eat legumes as beans, lentils, and soy.

F **Drinking wine:** In all blue zones (except in Loma Linda since they are adventists and their religion forbids drinking alcohol) people consume wine regularly and in moderation, from one to two glasses a day in company with food and other people. Buettner confirms they are not accumulative so you better not take 14 glasses on the weekend!

The other three lessons from the blue zones related to the various topics of the course, as the importance of having a sense of belonging, the benefits of spirituality, family bonds, and friendship.

One notable conclusion in many researches about physical wellbeing is that it can be nurtured and built every day. Wellbeing is not the result of heroic efforts, but small daily decisions about what we eat, how much we move, and how we rest. All these decisions are in our hands.

