

THE BLUE ZONES: How it Works

In the Book, *The Blue Zones*, *New York Times*, best selling author, Dan Buettner, reveals the secrets of the power nine: the 9 common denominators that all of the world's longevity all-stars share. At Bluezones.com, they have been organized into four main categories:

Move Naturally – Make your home, community and workplace present you with natural ways to move. Focus on activities you love, like gardening, walking, and playing with your family.



Right Outlook – Know and be able to articulate your sense of purpose, and ensure your day is punctuated with periods of calm.

Eat Wisely – Instead of bouncing from fad diet to fad diet, use time-honored strategies for eating 20% less at meals. Avoid meat and processed food and drink a couple of glasses of wine daily.

Belong to the Right Tribe – Surround yourself with the right people, make the effort to connect or reconnect with your religion and put loved ones first.

Information from: <http://www.bluezones.com> Retrieved September 17, 2009

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