

YOUR BEST LIFE: A TOTAL HEALTH APPROACH
BLUE ZONES


Timothy Denney Level 5 Services




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The Blue Zones



Ikaria, Greece



Okinawa, Japan



Ogliastra Region of Sardinia



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The Blue Zones

Loma Linda, California



Nicoya Peninsula, Costa Rica



Crookston, Minnesota



Okay, maybe not....

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The 9 Blue Zones Lessons

Move Naturally - The world's longest-lived people don't run marathons. Instead, their environments nudge them into moving without thinking about it.

Purpose - Knowing your sense of purpose is worth up to seven years of extra life expectancy.

Down Shift - Stress leads to chronic inflammation, associated with every major age-related disease. The longest-lived people have routines to shed that stress.



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The 9 Blue Zones Lessons

80% Rule - “Okinawans stop eating when their stomachs are 80 percent full.

Plant Slant - The cornerstone of most centenarian diets? Beans. They typically eat meat only five times per month.

Wine @ 5 - Moderate drinkers outlive non-drinkers, especially if they share those drinks with friends.



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The Blue Zones Lessons

Belong - Attending faith-based services four times per month – no matter the denomination – adds up to 14 years of life expectancy.

Loved Ones First - Centenarians keep aging parents and grandparents nearby, commit to a life partner and invest in their children.

Right Tribe - The world’s longest lived people chose or were born into social circles that support healthy behaviors.



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Into the Blue Zone

Macro, Mezzo, Micro

Macro level changes – Entire communities are making changes based on the 9 Blue Zone Lessons.

Albert Lea, Minnesota

- In 2009, a statistically average American city underwent an extraordinary transformation. By 2014, the first Blue Zones community shed 12,000 pounds, slashed healthcare costs by nearly 40%, and added over three years to their average life expectancy.



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Into the Blue Zone

Micro level changes – what are going to do to live in your own Blue Zone?

The core of a Blue Zone transformation is the individual. It is a movement of one person at a time.

You do not need a team or community to begin living your Blue Zone “best life.”



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Into the Blue Zone – Move Naturally

The world's longest-lived people grow gardens and don't have mechanical conveniences for house and yard work.

They are on their feet more than they are on their seat – Buettner calls this “moving naturally.”



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Into the Blue Zone – Move Naturally

- Be active without thinking about it - identify activities you enjoy and make them a part of your day.
- Inconvenience yourself: ditch the remote, the garage door opener



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Into the Blue Zone – Move Naturally

- Ditch the leaf-blower - buy a bike, broom, rake, snow shovel
- Have fun, be active - ride a bike instead of driving.
- Walk - nearly all the centenarians interviewed take a walk every day.
- Walking is the only proven prevention for age-related cognitive decline

How does one get to 100 years old?
You walk there.



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Into the Blue Zone – Right Outlook

Purpose - Live by your beliefs and values.

- Develop core beliefs and values that shape your decisions, actions, and priorities
- Your values are not what you say they are – your values are revealed by what you do
- Be thoughtful in choosing, evaluating, and putting your values into action



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Into the Blue Zone - Right Outlook

Purpose - Identify activities that matter most to you & spend significant time and effort there

- You cannot find time for this – you must make time for change
- Annie Dillard - “How we spend our days is, of course, how we spend our lives”

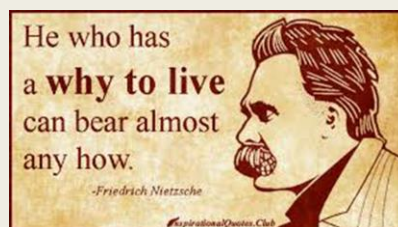


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Into the Blue Zone - Right Outlook

Purpose - People who live with purpose make a meaningful differences in the world.

- Do things for others, expect nothing in return
- Improve the lives of others - “A candle loses nothing by lighting another candle.”
- Build your own A.R.K. – Acts of Random Kindness



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Into the Blue Zone - Right Outlook

What is my purpose? A scary question.

- Who is the person I wish to become?
- About what am I passionate, and does that matter?
- Am I making a difference?

Changing the question can shift your perspective and create opportunities



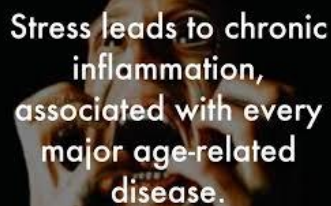
LIVE WITH
Purpose



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Into the Blue Zone - Right Outlook

Down shift - Stress leads to chronic inflammation, associated with every major age-related disease. The longest-lived people have routines to shed that stress.



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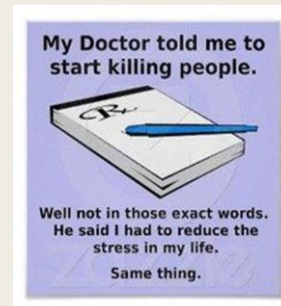


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Into the Blue Zone - Right Outlook

Down shift - reducing stress-activating triggers

- *Identify your stressors in all life domains*
- *Brainstorm options for reducing stressors*
- *Negotiate changes - many are negotiated with yourself*
 - Simplify
 - Exercise your “no” function
- *Seek counsel and assistance*



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Into the Blue Zone - Right Outlook

Down shift “hidden stressors” – your beliefs and habits of mind

- *Identify your negative beliefs and thoughts*
- *Identify your emotional responses and name them*
- *Manage your self-talk*
- *Practice mindfulness*



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Into the Blue Zone – Eat Wisely

Plant Slant - The cornerstone of most centenarian diets? Beans. They typically eat meat only five times per month.

- Not vegetarian or vegan, but over 90% plant based eating
- Many of the foods consumed by Blue Zone cultures are found in the Mediterranean Diet, DASH diet, or MIND diet models.



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Into the Blue Zone – Eat Wisely

Wine @ 5 - Moderate drinkers outlive non-drinkers, especially if they share those drinks with friends.

- Must be in true moderation
- Control the outliers – binge drinking, etc.
- Two Blue Zone cultures do not imbibe



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Into the Blue Zone – Connect

Loved Ones First - Keep aging parents and grandparents nearby, commit to a life partner and invest in their children.

- Recapture our historical, traditional values relating to the importance of the family unit
- Invest in family as friends, and in friends as family



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Into the Blue Zone – Connect

Right Tribe - The world's longest-lived people chose or were born into social circles that support healthy behaviors.

- Choosing your tribe based upon mutually-positive impact
- Investing in your tribe for their benefit will benefit you
- Tough choices, but can make huge impacts



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Into the Blue Zone - Connect

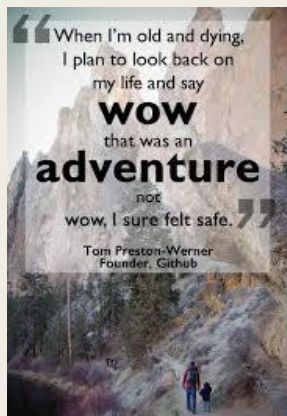
Belong - Attending faith-based gatherings at least four times per month – no matter the denomination – adds up to 14 years.

- The faith component is vital to health – other research confirms this
- The more the faith is shared with others, the bigger the impact on life quality
- “Koinonia” is key



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Discussion



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