

# The Power 9

ESSENTIAL BLUE ZONES PRACTICES FOR HAPPIER, HEALTHIER LIVING

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## Move Naturally

The world's longest-lived people live in environments that constantly nudge them into moving without thinking about it.

## Down Shift

Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress.

## Plant Slant

Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets.

## Belonging

Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy. Denomination doesn't seem to matter.

## Right Tribe

The world's longest lived people chose—or were born into—social circles that supported healthy behaviors.

## Purpose

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

## 80% Rule

Hara Hachi Bu—the Okinawan, 2500-year old Confucian mantra said before meals—reminds them to stop eating when their stomachs are 80 percent full.

## Wine @ 5

People in all Blue Zones (except Adventists) drink alcohol moderately and regularly.

## Loved Ones 1st

Successful centenarians in the Blue Zones put their families first.