

**ANTECEDENTS**

Blue zones = places where people consistently live a longer healthier life than other places

People are products of their environment

Culture practices all benefit health.

**TRIGGERING EVENTS**

Longevity lost to today's diet and lifestyle which manifest into disease and lower incidences of longevity

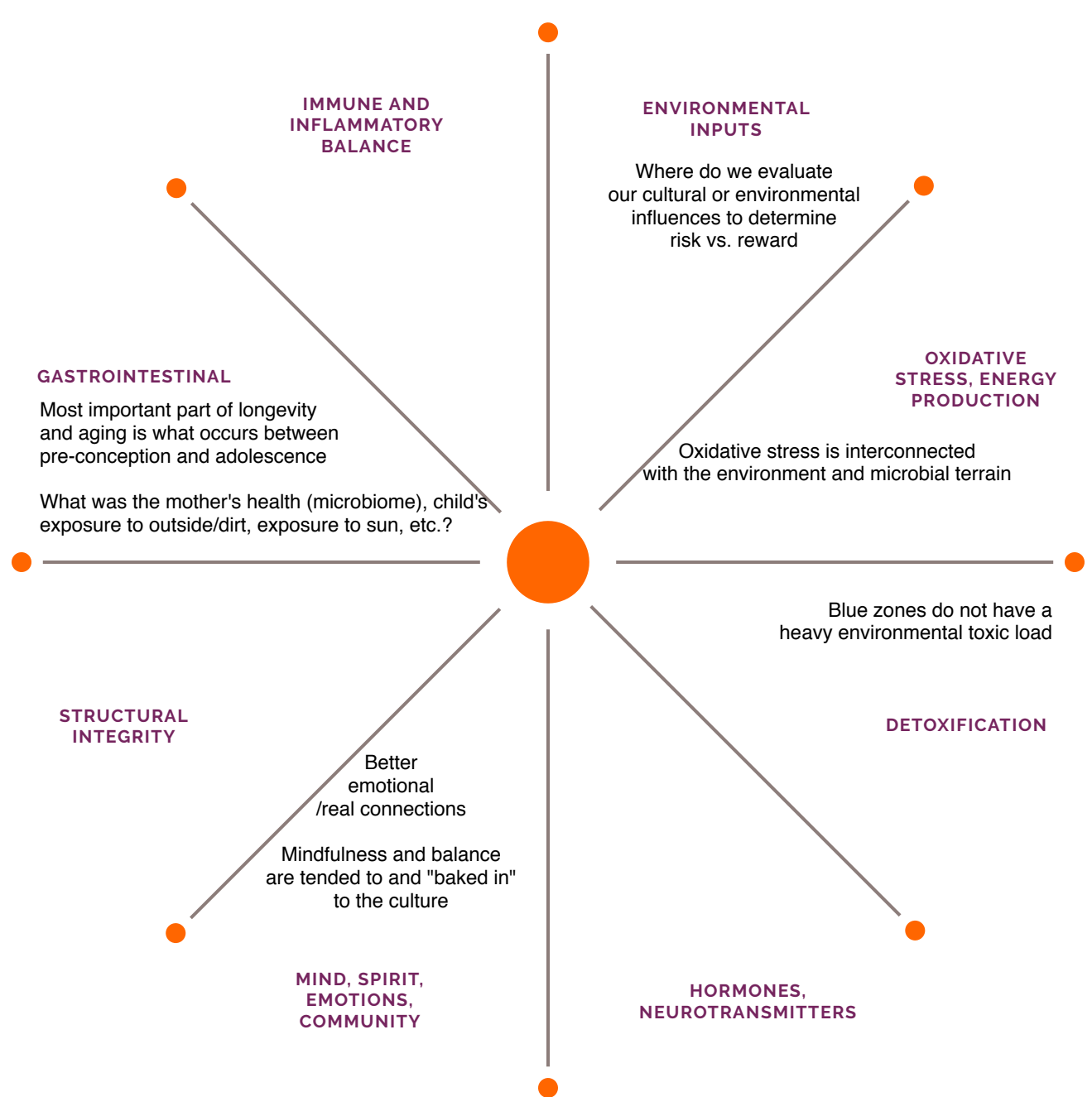
Modern living

**MEDIATORS**

Quality life matters more than how long we live... optimize today!

- Modern living

- + Healthy culture
- + Connection
- + Love, Belonging, Value



**SLEEP/RELAXATION**

integral to resilience

**EXERCISE/MOVEMENT**

integral to resilience

**NUTRITION/HYDRATION**

Modern diet negatively impacts longevity

Cultured food

**STRESS/RESILIENCE**

\*Healthy agers can handle stress with more ease

\*Don't take it so seriously, have fun with it, mock ourselves at times. Don't berate ourselves.

\*Gratitude and meaning

**RELATIONSHIPS/NETWORKS**

\*Spending time with friends and family

\*Connection with your community is what brings meaning!

\*Love/Belonging/Value