

Nine Lifestyle Habits

The Path to Long Life and Health

Dan Buettner: How to live to be 100+
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To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. At TEDxTC, he shares the 9 common diet and lifestyle habits that keep them spry past age 100.

See: ted.com or:

http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100.html



1. Move Naturally

Right Outlook:

2. Downshift or Breaks
3. Purpose Now

Eat Wisely:

4. Wine: 1 @ 5:00
5. Plant Slant Foods
6. Eat Only 80% Rule

Connect:

7. Loved Ones First
8. Belong to a Group
9. Right Tribe of Friends

About Dan Buettner: National Geographic writer and explorer Dan Buettner studies the world's longest-lived peoples, distilling their secrets into a single plan for health and long life.