



Blue Zones: What's the Secret to Longer Life?

**Presented by
Renee D. King, Ph.D.**

The Blue Zones



**Loma Linda,
California**

**Nicoya,
Costa Rica**

**Ogliastra Region,
Sardinia**

**Ikaria,
Greece**

**Okinawa,
Japan**

**HUFF
POST
LIVE**

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The Secrets of Living Longer

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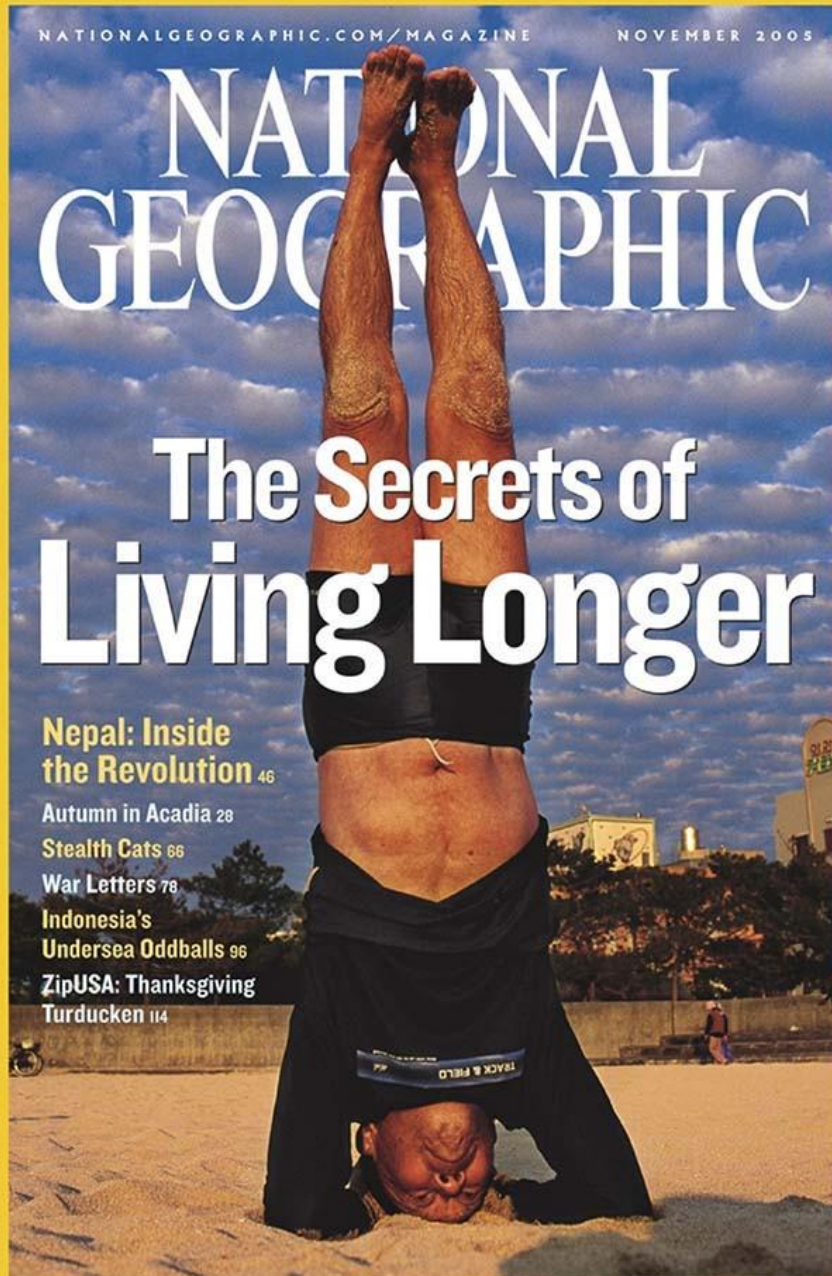
Autumn in Acadia 28

Stealth Cats 66

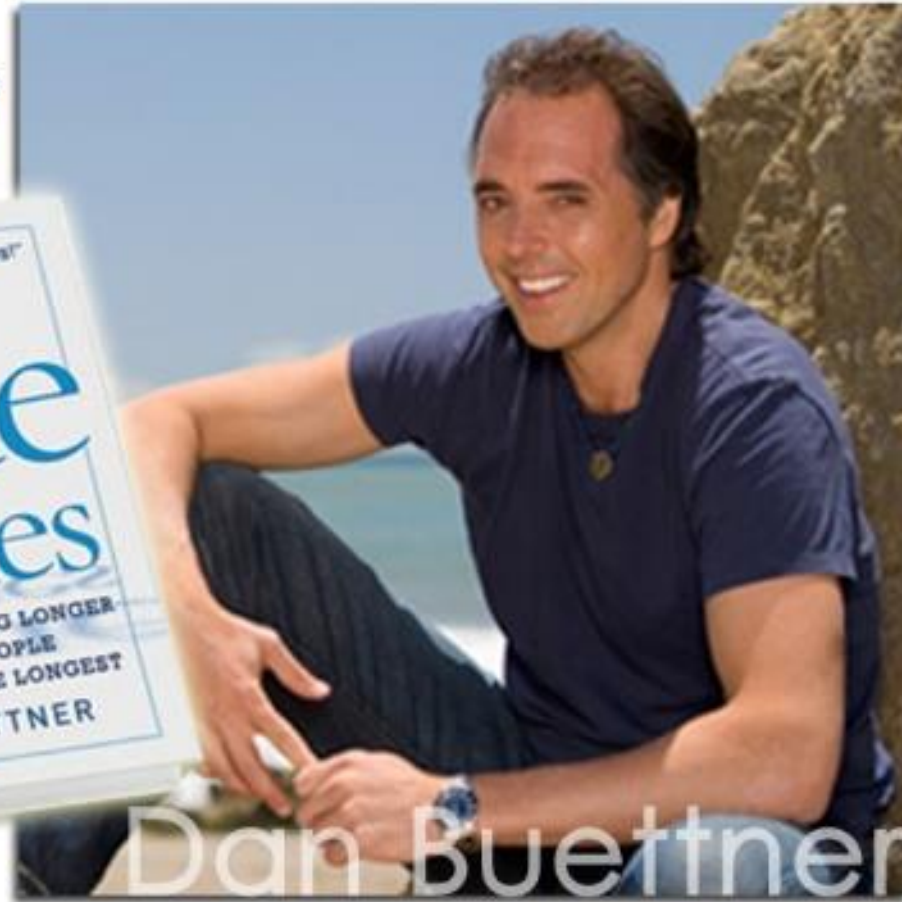
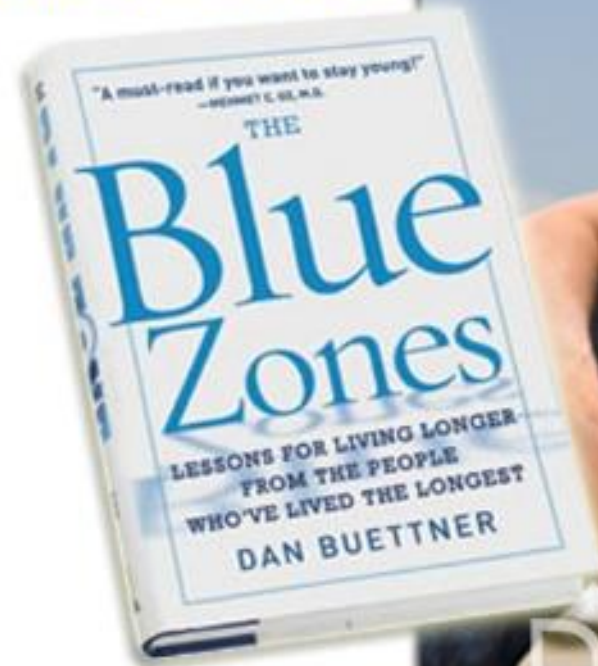
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Lessons for living longer
from the people who've live
the longest



Dan Buettner

midlifecrisisblog.org

Dan Buettner: 44 Blue Zones: How to live to be 100+ - YouTube



<https://m.youtube.com/watch?v=l-jk9ni4Wk&sns=em>

Your Personal Blue Zone



<https://www.youtube.com/watch?v=zR9o&sns=emmYygsxo>



PATH Lake Martin (Prosperity Again Thru Health)

<http://www.pathlakemartin.com/>



Blue Zones Personal Pledge

http://info.bluezonesproject.com/forthworth_personalpledge