



Exploring the Blue Zones

The Secrets to Longevity

Class 1



Welcome!



Molly Prues




Lori Payne

Class Introductions

Name?

What inspired you to sign up for this class?

Blue Zones on Netflix



N SERIES
LIVE TO 100
SECRETS OF THE
BLUE ZONES

Live to 100: Secrets of the Blue Zones

2023 | TV-PG | 1 Season | Documentaries

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

The Blue Zones

"Blue Zones" are longevity hotspots where people THRIVE into their 100s.

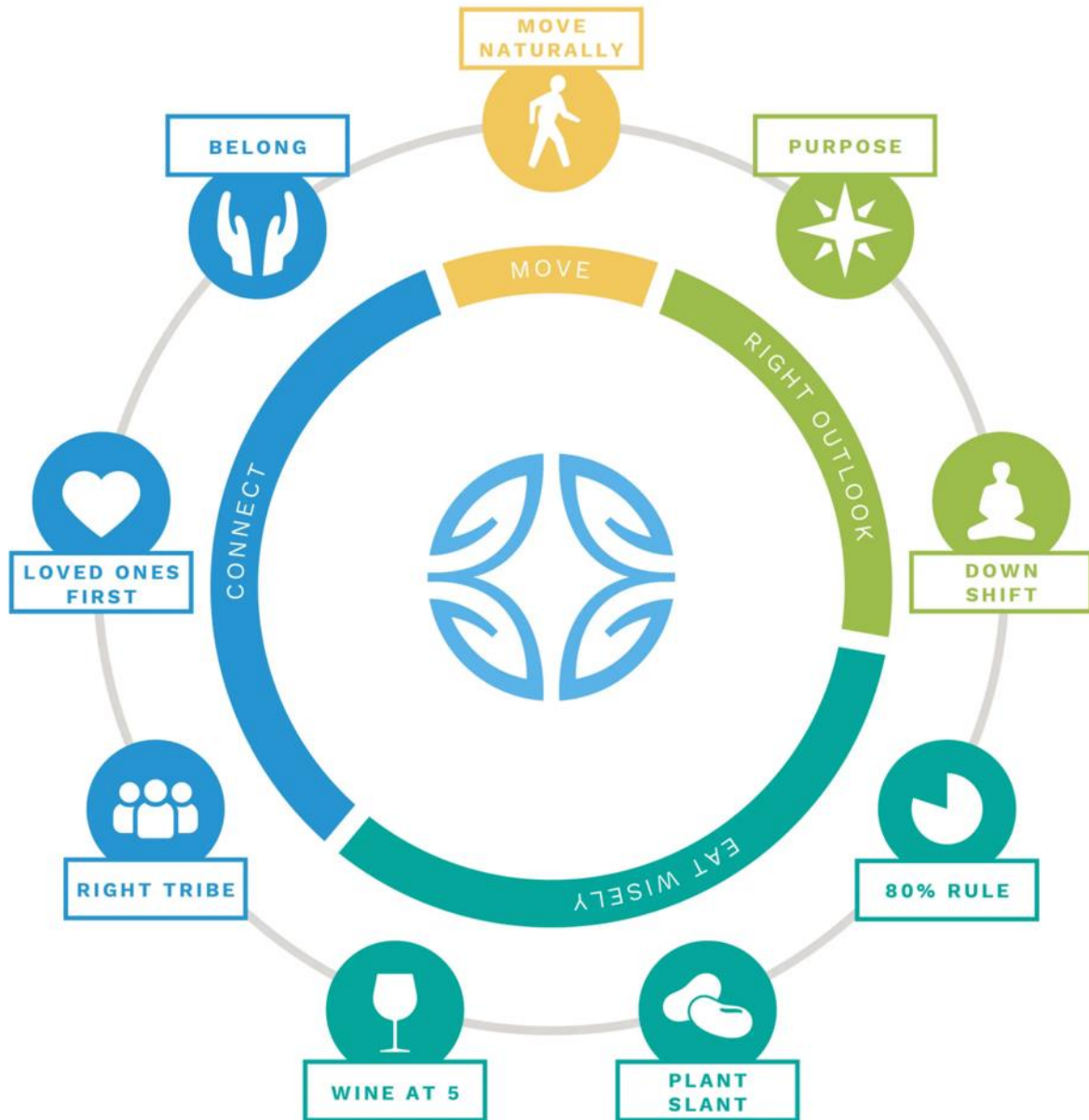
Dan Buettner, National Geographic Explorer discovered the 5 Blue Zones

Blue Zones: Sardinia, Italy, Ikaria, Greece, Okinawa, Japan, Nicoya, Costa Rica, and Loma Linda, CA



*What are
the Blue
Zones?*





What do the Blue Zones Have in Common?



The secret to
longevity is **NOT**
learning how to
prevent death.

It is learning how to
LIVE.

Why do
Blue
Zones
Matter?



Optional Homework

Blue Zones True Vitality Test

<https://apps.bluezones.com/en/vitality>



Class 3

