Connect & Reflect - 3rd Quarter 2019

September: Be Well UC

The Blue Zones is a book, a model, a project, and now a way of life. The authors of the Blue Zones have identified the Power 9®, which are principles common to areas of the world where it is common to live into your 90’s and even past 100 years of age. Read more about these 9 lifestyle habits in Dan Buettner’s article, Power 9® Reverse Engineering Longevity (http://bit.ly/blue-zones-power9).

Join us as we discuss what it means to implement the Power 9® into daily life and share and discuss ways we may already be doing so.

According to Robert Kane, the director of the Center on Aging at the University of Minnesota, people need to do something with their lives that “they feel is either interesting or worthwhile.” What do you do in your own life that you find interesting and worthwhile? Is this connected to your business? Your social life? Your family? Your leisure activities?

Ushi Okushima, a 104 year old woman from Ogimi, a tiny fishing village outside Okinawa, possesses an energy unlike any other. So says Sayoko Ogata, who worked beside Dan, Ushi is a person who is “not worried about getting something in the future or sad that she had missed something in the past”. How much time do you spend worrying about endeavors you need to accomplish in the future? How often can you live in the moment?

Sayoko now tries to be like Ushi: “I’ve learned to make my own meals for the family. I put love into my food. I care for my husband and my children, the husband comes home, and I have a good family. Also, I try to mentally check to make sure that I haven’t hurt anyone, that the people around me are okay. I take time each night to think about the people around me, and think about what I eat, and what is important to me. I also do this during dinner. I take time to reflect. I’m not chasing the carrot any more”. What is the carrot you are chasing in your life? How important is family? How much time do you get to spend with them as opposed to work, your carrot?
Thomas Perls, the director of the New England Centenarian Study at Boston University School of Medicine, says that one of the first things people must do is to get rid of all the “anti-aging quackery”. He says that wrongheaded people offer an “ugly view of old people that’s completely false in order to get you worried about getting older”. What is your impression of aging and getting older? How concerned are you about the aging process? What do you fear of the future?

Dan comments, “Sardinians today have already taken on many of the trappings of modern life. Mechanization and technology have replaced long hours and hard work; cars and trucks have eliminated much of the need to walk long distances; a culture disseminated by television is replacing the one that put the emphasis on family and community; and junk foods are replacing whole-grain breads and fresh vegetables traditionally consumed here. Young people are fatter, less inclined to follow tradition, and more outwardly focused”. Which do you resemble more? The lifestyle of the new culture or the past? Make note of this in your Health Journal. If you are dissatisfied with your response, reflect on what part of your daily philosophy will have to change in order for you to alter your lifestyle.

Additional resources to consider this month:
- Blue Zones – articles, longevity test, happiness test, recipes, and more! [www.bluezones.com](http://www.bluezones.com)
- Blue Zones 4 week Life challenge: [https://www.bluezones.com/blue-zones-life/](https://www.bluezones.com/blue-zones-life/)
- “How to live to be 100+” TED Talk [www.ted.com/talks/dan_buettner_how_to_live_to_be_100](http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100)
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September: Staff Success Center
Please use this handout to take notes and jot down ideas as you review this month’s content:

Coming soon!