

The Habits of Longevity

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These are the **5 key habits for aging gracefully** taken from research done on the "blue zones," the places on the planet of the largest, concentrated numbers of centenarians.

Eat a Plant Based Diet

Unlike most diets, a plant based diet is defined by what it focuses on, not what it excludes. Maximize consumption of nutrient-dense plant food while minimizing processed foods, oils and animal foods. Think veggies, fruits, beans, seeds, and nuts. Include locally and sustainably raised eggs, poultry and meat in smaller amounts.



Keep Your Body Moving

The longevity hot spots are not exercise cultures, but they are cultures where people are outside moving their bodies all day. Engage in natural physical activities that you enjoy like walking, gardening, hiking, biking, etc.



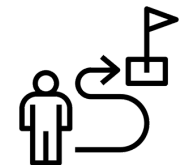
Align to the Rhythms of Nature

Live in tune with nature's rhythms and the solar clock for optimal health and well-being. Rise with the sun. Go to bed when the sun goes down. Prioritize sleep. Eat at regular meal times.



Live on Purpose

Research shows that having a sense of purpose significantly increases longevity. In Okinawa, that word is "ikigai." And, roughly translated, it means "the reason for which you wake up in the morning." *"Don't ask what the world needs, ask what makes you come alive and go do it."* - Howard Thurman



Stay Connected

Loneliness kills. By comparison, social connectivity makes people live longer. Research shows that number one on the list of predictors for longevity was your close relationships. Have people who you can count on.

