

Eating for Longevity: What We Can Learn from the Blue Zones

Ever wondered why some people live longer, healthier, and happier lives — well into their 90s and beyond? In today's fast-paced world, where diets and health trends change by the week, finding a truly sustainable way to live well can feel confusing.

This session explores the world's Blue Zones — five regions where people live the longest and healthiest lives. We'll uncover what sets them apart — from how they eat and move, to how they connect, find purpose, and manage stress.

By the end of this session, you'll have simple, science-backed insights you can apply in your own life — practical ways to eat better, live mindfully, and add more healthy years to your life, wherever you are.

Learning Objectives

- A brief introduction to the Blue Zones
- The diet that makes Blue Zone unique
- Some lifestyle lessons from the Blue Zones
- Bringing Blue Zone Habits into Modern Life

Content Outline

An introduction to the Blue Zones

- Learn about the 5 Blue Zones and their history
- Understand the key traits that set them apart

6 Core Dietary Principles

- Learn what Blue Zone residents eat every day
Understand how food sustainability is important to them

The Secret Beyond Diet

- Identify simple lifestyle changes that allow Blue Zones to Thrive

How to Adapt Blue Zone Habits into Modern Lives

- Adopting Blue Zone lifestyles, no matter where you live