



BLUE ZONES[™] HEALTH

Live Better, Longer[™]



Discover the Blue Zones and the Secrets to Longevity

Blue zones are regions around the world where people live longer and healthier lives, with high concentrations of centenarians and low rates of chronic disease. These places are known for their unique lifestyles that promote longevity.

The Five Blue Zones Regions:

- 📍 **Loma Linda, California:** 10+ years longer life expectancy than the average Californian.
- 📍 **Okinawa, Japan:** Longest-lived women.
- 📍 **Nicoya, Costa Rica:** Lifespan 10+ years longer than the U.S.
- 📍 **Sardinia, Italy:** Longest-lived men.
- 📍 **Ikaria, Greece:** 1/3 the rate of dementia compared to the U.S.

A New Era in Healthcare: Blue Zones™ Health

Blue Zones Health offers a transformative approach to healthcare by addressing the root causes of disease and promoting long-term well-being. By integrating lifestyle changes, environmental support, and community connection, this model empowers individuals to live better, longer lives.

Why Choose Blue Zones Health?

- ✓ Prevent chronic disease that drives 90% of healthcare costs.
- ✓ Reduce your needs for medications, surgeries, and hospital visits.
- ✓ Enjoy better health and lower costs with our personalized approach.
- ✓ Boost your quality of life by prioritizing prevention over medication.



9 Lifestyle Habits for Living Longer and Healthier

The Power 9® principles are a set of nine lifestyle habits of the world's longest-lived people that have been shown to contribute to longer, healthier lives.

- 1. Move Naturally** - The world's longest-lived people don't exercise intentionally—they move naturally throughout the day by gardening and doing house and yard work without mechanical aids.
- 2. Purpose** - Okinawans call it “Ikigai,” Nicoyans call it “plan de vida”—both mean “why I wake up in the morning.” Knowing your purpose can add up to seven years to your life.
- 3. Downshift** - Blue zones residents have daily stress-reducing routines: Okinawans remember ancestors, Adventists pray, Ikarians nap, and Sardinians enjoy happy hour.
- 4. 80% Rule** - “Hara hachi bu” reminds Okinawans to stop eating at 80% full. Blue zones residents eat their smallest meal in the late afternoon or early evening and then stop eating.
- 5. Plant Slant** - Beans are the foundation of centenarian diets, along with seasonal fruits and vegetables, whole grains, and nuts. Meat, mostly pork, is eaten about five times per month in small, 3–4 oz. portions.

- 6. Friends at 5** - Late afternoon gatherings with friends over wine, tea, or conversation are a daily tradition in many blue zones.
- 7. Right Tribe** - Long-lived people belong to social circles that support healthy behaviors. Okinawans form moais, lifelong groups of five friends. Health habits—good or bad—are contagious.
- 8. Loved Ones First** - Centenarians prioritize family—keeping elders nearby, committing to a life partner, and investing time and love in their children.
- 9. Belong** - All but five of 263 centenarians belonged to a faith-based community. Attending services four times per month adds 4–14 years of life expectancy.



Our Approach to Care

Your integrated care team is constructed to meet your individual needs. With Blue Zones Health you'll have access to:



Primary Care Physicians



Advanced Practice Providers



Medical Assistants



Care Concierge



Social Workers



Well-Being Advisors



Specialized Experts:

- Lifestyle Coaches
- Dietitians
- Exercise Coaches
- Mindfulness Coaches
- Behavioral Health Experts

We Also Offer Comprehensive Community Support Through:



Groups & Classes



Workshops



Social Connection

Better Health Outcomes

Proven Results Backed by Science

Blue Zones Health combines lessons from the world's longest-lived people with specially-certified primary care physicians to treat the underlying cause of disease, thus reducing dependence on medications and surgery.



20% Reduction in LDL Cholesterol*



12% Reduction in Hemoglobin A1C*



9% Reduction in Body Mass Index*



*On average after two years since joining, while reducing prescription drugs.

A Day in the Life with Blue Zones Health

From morning stretches to evening family time, Blue Zones Health incorporates lifestyle habits that foster longevity. Our patients are supported at every step, from medical care to community well-being, ensuring that health is a seamless part of everyday life.

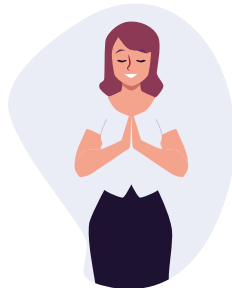


✓ Join a Walking Moai™



✓ Attend a plant-based cooking class

✓ Start the day with a gratitude reflection



✓ Take part in a volunteer garden

✓ Share a potluck with neighbors



✓ Visit a weekly community downshift session



✓ Participate in a Purpose Workshop

✓ Bring the family to multigenerational storytime



Transforming Your Life Radius® for Better Health

Blue Zones® research shows that good health and longevity are more deeply influenced by your Life Radius — the 20-mile area around your home where you spend 90% of your time — than by genetics or individual choices. By making small, manageable changes to your home, work, and community, Blue Zones Health helps you make healthier choices that stick.



Take Control of Your Health with Blue Zones Health

Ready to make a change?

Join Blue Zones Health today and start living better, longer. With personalized care plans, expert guidance, and a supportive community, we're here to help you achieve lasting health and well-being.

Visit BlueZonesHealth.com to learn more, sign up for a consultation, and start your transformation.



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help you live better,
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