

Right Outlook Connect

*Unlock the Power of
Community, Purpose, and
Balance for a Healthier,
Longer Life*



BLUE ZONES™ HEALTH

What Are Blue Zones?

Blue zones are regions around the world where people live significantly longer and have lower rates of chronic disease. The five original blue zones are:

- 📍 **Sardinia, Italy:** Daily happy hours with friends and family.
- 📍 **Nicoya, Costa Rica:** A strong sense of purpose, or plan de vida, and close-knit family ties.
- 📍 **Loma Linda, California:** Hosting weekly meals with congregations.
- 📍 **Ikaria, Greece:** Regular gatherings with neighbors and family—often over coffee or a shared meal.
- 📍 **Okinawa, Japan:** Developing and nurturing moais and social support groups.

People in blue zones regions consistently live to be 100 years old or older due to lifestyle factors such as diet, physical activity, social connections, and mental outlook.



Moai: Lifelong Friendship for Longevity

In Okinawa, people form social support groups called “moai.” These networks start at childhood and become deep friendships which last into old age..

Moai Benefits:

- ✓ Support during tough times
- ✓ Shared experiences and advice
- ✓ A built-in safety net

A moai not only helps people stay socially people stay socially connected but also support physical and mental well-being.



Why Connection Matters

Research from Professor Lisa Berkman of Harvard University reveals* that your social ties—whether through marriage, close friends, or community—have a profound effect on your longevity.

Social Connection Research Findings:

- ✓ Loneliness can shorten life expectancy by eight years.
- ✓ Positive social connections reduce stress and increase happiness.
- ✓ Older adults with strong social networks are at a lower risk for chronic diseases like heart disease, diabetes, and depression.

*Source: <https://pubmed.ncbi.nlm.nih.gov/425958/>



Downshift: The Art of Stress Reduction

Stress is one of the leading causes of chronic inflammation and major health issues.

In blue zones regions, people engage in “downshift” practices to manage stress:

- ✓ **Okinawans:** Enjoy plenty of sunlight, build tight-knit relationships (moais), and participate in mindful reflection and meditation.
- ✓ **Ikarians:** Spend time gardening, take regular naps, and enjoy quality time with family and friends.
- ✓ **Sardinians:** Meet with friends each evening for happy hours, fostering strong social bonds, laughter, and a sense of belonging.
- ✓ **Loma Linda:** Enjoy family meals and congregations, reinforcing community ties and shared purpose.

These practices help maintain a sense of calm and balance, contributing to their long, healthy lives.

Sleep Your Way to a Longer Life:

Poor sleep is linked to higher risk of heart disease, diabetes, and obesity. Aim for 7–9 hours per night and try these simple tips to support better sleep:

- ✓ Sleep on a supportive mattress and pillows.
- ✓ Keep temperature around 65°F.
- ✓ Dim lights an hour before bed to trigger melatonin.
- ✓ Remove screens like TV, phone, and computer.
- ✓ Use light-blocking shades or a sleep mask.

The Role that Purpose Plays in Longevity

People in blue zones regions have a strong sense of purpose, or “plan de vida” as they say in Nicoya, Costa Rica and “Ikigai” in Okinawa, Japan.

Purpose and Longevity:

- ✓ Studies* show that individuals with a clear sense of purpose are less likely to experience stress, depression, and chronic diseases.
- ✓ A sense of purpose is linked to lower mortality rates and greater resilience in the face of adversity.



*Source: https://pmc.ncbi.nlm.nih.gov/articles/PMC8669210/?utm_source=chatgpt.com

Optimism, Kindness, and Health

In her book *Growing Young*, Marta Zaraska explores the profound impact of optimism and kindness on our health and well-being, illustrating how a positive mindset can literally help us grow younger.

Key Findings:

OPTIMISM AND LONGEVITY

People who maintain an optimistic outlook on life tend to live longer and experience better overall health. Research shows that positive thinking is linked to lower rates of chronic disease, reduced inflammation, and a stronger immune system, all contributing to increased life expectancy.

THE POWER OF KINDNESS

Engaging in activities like volunteering and performing acts of kindness not only benefits others but also improves our own well-being. These acts have been shown to reduce stress, increase feelings of happiness, and promote a sense of purpose—leading to better mental and physical health.

Zaraska’s research underscores the idea that optimism and kindness are not just feel-good traits, but key factors that can significantly enhance our longevity and quality of life.

Key Takeaway:

A positive mindset and social contribution can lower mortality risks by up to 45%.

Start Your Own Blue Zones Health Journey Today

Visit our resources portal to find everything you need to take control of your health like group classes, events, and more!



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