

Globe Walk January 2024

January Blue Zone: Loma Linda, California

January 9, 2024

Welcome 2024 Globe Walk Participants,

We are so happy to have join you for The Saskatoon Council on Aging's 11th Globe Walk!

This year's Globe Walk will be exploring the [5 Blue Zones; Loma Linda, California; Okinawa, Japan; Nicoya, Costa Rica; Sardinia, Italy; and Ikaria, Greece.](#)

Have you heard about the Blue Zones?

Dan Buettner has worked in partnership with National Geographic and the National Institute on Aging to determine the term "Blue Zone" as a non-scientific term that has been given to the 5 geographic regions listed above. In these regions, you can find some of the world's oldest people; these areas also have low rates of chronic diseases including heart disease, diabetes, and cancer.

Here is a video to watch: https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/up-next

During the next four months, we will explore the specific Blue Zone lifestyles and environments that contribute to a longer life span. The Blue Zones Plan is progress toward a better you. This is not an elimination diet. This is not a reset. This is a new way to look at your health that will change your life for the better in many different ways. You might come in with goals like weight loss, but your health is so much more than a number on the scale! You might lose weight, yes. Over time you will realize that weight loss is but one small benefit in a landslide of great outcomes. Consider the amazing long-term benefits that a Blue Zones life can help you achieve:

- To live a longer, better life
- To have more energy, feel stronger, and gain health
- To have better sleep and feel rested every day
- To meet new people and nurture supportive relationships
- To discover your purpose and put it to work
- To be a change agent to help better your community

January 16, 2024

Loma Linda, California

The residents of this city in San Bernardino have one of the highest rates of longevity in America. The community of Seven-Day Adventists in Loma Linda follow a primarily vegan diet and recognize their Sabbath day weekly. Residents of Loma Linda live around 10 years longer than their fellow Americans, and they have lower rates of chronic diseases, including dementia. Adventists believes that the human body is the temple of the Holy Spirit, and should be protected. They eat a plant-

based diet and avoid taking alcohol and caffeinated beverages, and many are actively involved in their faith and the church community.

The Seventh-day Adventists in Loma Linda, California (USA):

The Seventh-day Adventists are a very religious group of people. They are strict vegetarians and live in tight-knit communities.

Month One Goals:

Month 1 – Eat Wisely

You will start with eating more Blue Zones-friendly meals and remove screen time, and just get more in tune with your appetites as time goes on.

Activities:

1. Do not eat in front of a screen!

No phones, no laptop, no TV. When you are eating, JUST eat. It's amazing what happens to your appetite and your experience when you are only eating and not doing all of the things we often do while eating: driving, working, reading, scrolling on our phones, talking, catching up on email.

2. Eat 5 Blue Zones meals this week

Just five Blue Zones friendly meals per week will help to recalibrate your tastebuds and your cooking habits. You could batch cook on Sunday for work meals, or just try something new a few times per week. More beans, less meat, more flavor and you will be amazed. You can use this list of recommended easy recipes, or make any other plant-slant meals made from whole foods that you wish.

3. Start the practice of hara hachi bu (stop eating when you are 80% full)

The Okinawans recite a phrase before every meal: hara hachi bu. This reminds them to eat to 80 percent full rather than stuffing themselves to the point of bursting. Their smaller portion sizes remind us to be mindful when eating and pay attention to our bodies.

4. Walk at least once this week with your walking buddy or group

Optional Activities:

1. Floss your teeth. Get in this habit. Do it every day.
 - There is a strong link between oral health and mental health and happiness.
2. Print and hang up Blue Zones food guidelines on your refrigerator.
3. Print and hang up Longevity Food List and hang on your refrigerator
4. Take a 30-minute nap in the afternoon.

- Centenarians from the blue zones took naps regularly. A study in 2011 from BPS Research Digest that shows how sleep affects our happiness. The research found that people who take an afternoon nap are desensitized to negative emotions yet more responsive to positive ones.
5. Set a bedtime alarm.
 - Going to bed at the same time every night and waking up at the same time each morning helps your body stay in a rhythm.
 6. Spend at least 1 hour outside in nature (or city park)
 - Studies show that there are scientifically significant increases in people's health and happiness when they spend time in nature and engage in active nature behaviors, such as feeding the birds and planting flowers.
 7. Set the temperature in your bedroom to 65 degrees F at night.
 - Temperatures below 54°F or above 75°F can actually wake you up at night. The ideal temperature for sleep is around 65°F. If it feels a little colder than you would like, grab a coupled extra blankets.
 8. Fast for 12-14 hours.
 - Ikarians have traditionally been Greek Orthodox Christians, which meant their religious calendar called for fasting almost half of the year. Caloric restriction—a type of fasting that cuts about 30% of calories out of the normal diet—is the only proven way to slow the aging process in mammals.

January 23, 2024

The Power 9

Power Nine: Healthy Life Habits of the Blue Zones

According to Buettner, there are nine common features of the Blue Zones:

1. ***Move naturally.*** Blue Zone inhabitants typically don't engage in intense workouts or run marathons. Rather, they have lifestyles that naturally incorporate daily movement. This may mean tending a garden, chopping firewood, walking to the market, or completing housework without the help of modern conveniences. In Loma Linda, residents take long daily walks.
2. ***Have a purpose.*** Having a sense of purpose in life is a key Blue Zone trait. One 2019 study found that having a sense of purpose was associated with a lower risk of death from all causes. People with a clear sense of purpose also tend to have better physical health, more optimism, and a greater sense of satisfaction in life. It's especially important for people who are recently retired to find a new sense of purpose in life if their career has previously been their primary focus.
3. ***Stress management.*** Chronic stress is extremely detrimental to our health. While it's virtually impossible to live a stress-free life, it's important to find ways to manage stress so that it doesn't create severe physical and mental health issues. Blue Zone inhabitants have routines that naturally help them shed stress, whether that's through prayer, napping, or even happy hour.
4. ***Stop Eating when You're 80% Full.*** The first of the Blue Zone habits involving food is the practice of eating only until you're 80 percent full. People in Blue Zones don't eat to excess, which may help them maintain healthy weights. They also typically eat small dinners early in the evening and refrain from late-night snacking.

5. *Eat a Plant-Based diet.* People in Blue Zones tend to eat plant-based diets, with most of their proteins coming from beans and legumes. While they may eat some meat, it's usually in small portions and may only be consumed once a week.
6. *Drink Wine in Moderation.* Alcohol is a regular part of Blue Zone life, except for the Seventh Day Adventists. Research shows that people who drink alcohol in moderation have a lower risk of early death. The key is to not overdo it. Stick to 1–2 glasses a day, preferably wine.
7. *Social networks.* Blue Zone inhabitants have strong community ties. Their social circles support healthy behaviors, and they often remain friends for life. Research shows that behaviors can be socially contagious, so surrounding yourself with people who support your goals and share your values can go a long way toward helping you improve your health and your lifestyle. As data from Blue Zones indicates, improving your health and increasing your lifespan doesn't have to be complicated.
8. *Spirituality.* Blue Zone inhabitants typically belong to some sort of faith-based community. Research suggests that attending religious services is associated with a longer lifespan. The exact religion or denomination doesn't seem to matter.
9. *Family first.* People who live in Blue Zones put family first. They commit to a life partner and spend quality time with their children. Aging parents or grandparents tend to live nearby or in the house, which is also good for the health and well-being of children.

January 30, 2024

Rewind and Reflect:

1. What worked?
2. What didn't work?
3. What was your overall experience of incorporating factors of a Blue Zone lifestyle into yours?
 - February 19, event info—how it relates to the power 9
 - Attach Month 2 Blue Zone Tracking
 - Upcoming Reminders: