

Longevity Tips Inspired by Blue Zones

Connection Insights

Family First & Foremost: Generations live together, prioritize family care & have committed life partners. This increases longevity in all age groups involved.

Faith-Based Groups: Denomination doesn't matter. Being a part of a faith based community can add 4-14 years.

Choose Your Friends Wisely: Harmful habits are contagious. Being part of a social circle that supports healthy habits makes a huge difference.

Nutritional Insights

Plant Powered Plates: Eating beans and plants of all colors in abundance, while minimizing meat (4oz, 5 times a month) leads to longevity.

Happy Hour FTW: 1-2 glasses of wine per day with food and/or friends is the sweet spot, but you can't save your drinks up & moderate drinkers outlive non-drinkers.

"Hara Hachi Bu": Is an ancient phrase to stop eating at 80% full. A Blue Zoner's last meal is usually the smallest and taken in the early evening.

Body & Brain Insights

Daily Natural Movement: Walking, gardening, yoga, tennis, ect. Maintain physical activity throughout your life. Stay fit with activities that align with your daily life.

Decompress Daily: Whether you choose meditation or prayer, naps, self-care or happy hour, reducing stress leads to less chronic inflammation & disease.

"Ikigai" or "Plan De Vida": Have a sense of purpose; a reason for life. Find your purpose in simple things.

Longevity Tips Comparison For Kids

**George G. Bear, Kathleen M.
Minke, Alex Thomas**



Longevity Tips Comparison For Kids:

A Therapist's Guide to Child Development Dee C. Ray, 2015-10-14 A Therapist's Guide to Child Development gives therapists and counselors the basics they need to understand their clients in the context of development and to explain development to parents. The chapters take the reader through the various physical, social, and identity developments occurring at each age, explaining how each stage of development is closely linked to mental health and how that is revealed in therapy. This ideal guide for students as well as early and experienced professionals will also give readers the tools to communicate successfully with the child's guardians or teachers, including easy-to-read handouts that detail what kind of behaviors are not cause for concern and which behaviors mean it's time to seek help. As an aid to practitioners, this book matches developmental ages with appropriate evidence-based mental health interventions. *Teaching for the Lifespan* Henry B. Reiff, Nicole S. Ofiesh, 2015-10-14 Your step-by-step guide to successful transition planning. Transition planning is a challenging process. Finally, here's a practical guide that makes transition planning easier so you can prepare your students with learning differences to successfully navigate adulthood. Backed by the latest research in learning and development, *Teaching for the Lifespan* provides the pedagogical best practices needed to promote your students' strengths and abilities for life-long success. You'll benefit from a deep understanding of the educational, vocational, social, and emotional dimensions of adulthood for students with learning differences. Explicit techniques to help students with learning differences develop an awareness of proactive behaviors. Strategies to help all learners achieve the demands of the Common Core and high-stakes assessments through Universal Design for Learning (UDL). Practical tips on effective IEPs, personal stories from adults with learning differences, and suggestions from real teachers. Few things feel better than seeing your students succeed years after they have finished school. With this practitioner-friendly guide, you'll be equipped to help all students with learning challenges succeed as adults. Let's get started. *PCs for Kids & Parents*, 1997 A must-have book for the millions of parents who want to know what type of computer to buy for their computer-literate kids and how to use what they buy as a family. Helps parents identify the computer goals they have for their family. Offers advice on finding the right PC as well as complementary hardware and software for all skill levels. Discusses parents' responsibilities before children get on the Web, including dos and don'ts and software to help censor inappropriate material for kids and teens. Equips parents with the information to make the right choice before they invest in a family computing station. Helps trigger family activities not necessarily centered around the computer. Provides useful information and resources for parents to insure that kids are safely surfing the Net. Describes how the whole family can utilize and have fun on the computer. Discover what your kids are learning at school and try to keep up with this great guide to home PCs. Filled with advice on software, hardware, Internet, and more. Parents can be assured of sound information on which software is appropriate for certain. *Father for Life* Armin A. Brott, 2003 An essential guide for every dad by the award-winning author of *The Expectant Father*. *Father for Life* is the first book to look at the phases of

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