



# Longevity

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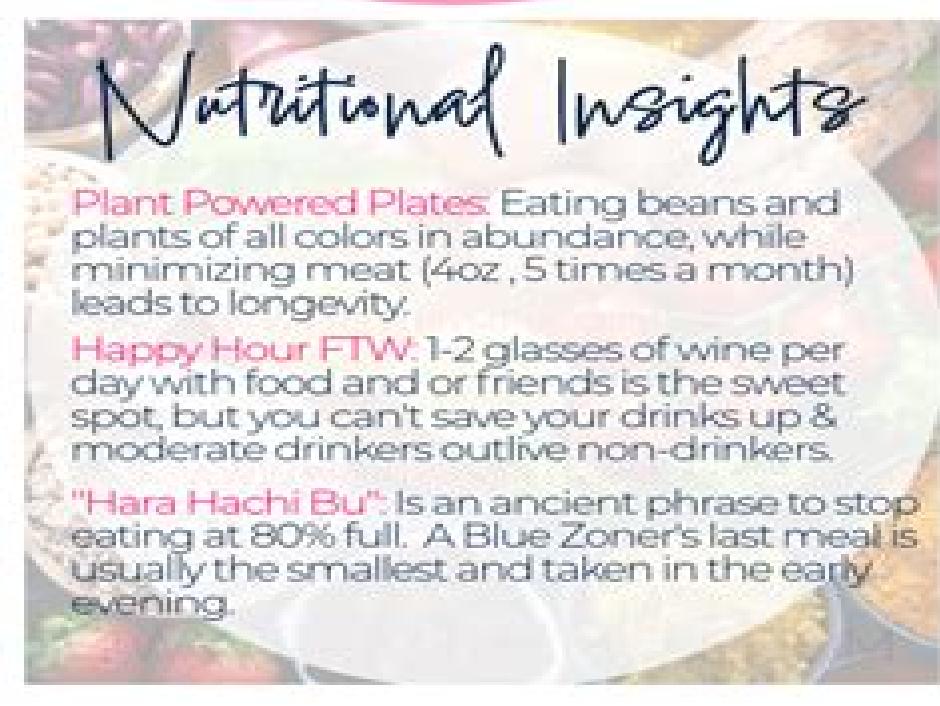
### Blue Zones

## 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.

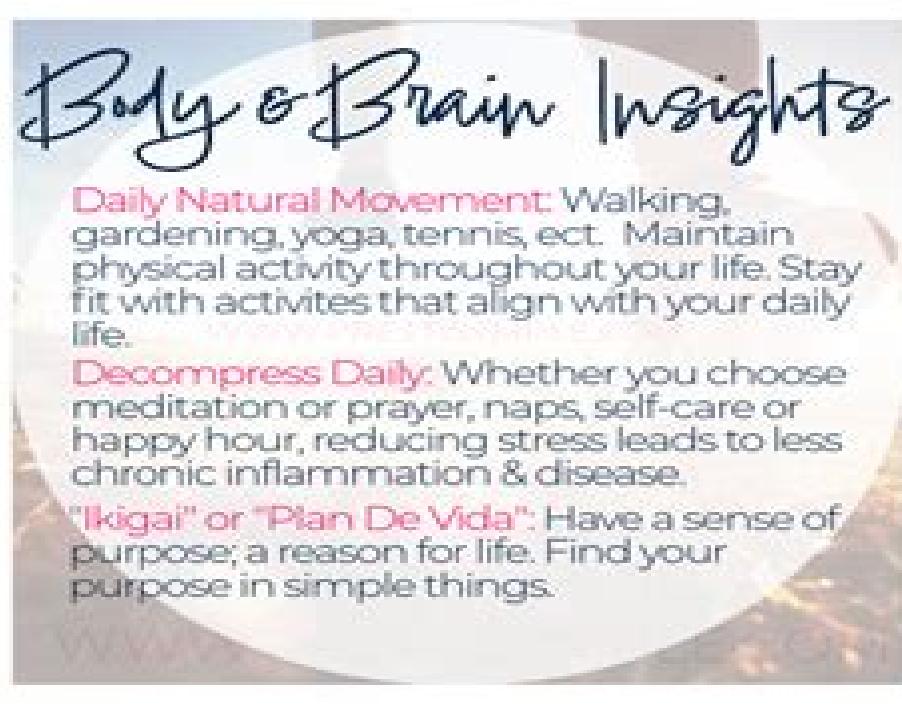


## Nutritional Insights

**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, etc. 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 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 ages.

*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

fatherhood from the conception of a child through the grandfather years     Resources in Education ,1985-08     *Mothers in Medicine* Katherine Chretien,2017-12-19 Women are entering medical school in equal numbers as men yet still face unique challenges in a profession where overall male physicians outnumber female physicians 3 to 1 Women in medicine also face decisions such as when to have a child during training and often struggle with work life balance This book features real stories and advice from mothers in medicine at all stages of training from medical student to practicing physician and addresses the topics that shape the lives joys and challenges of women in medicine today The book is based on the best posts and wisdom shared on the Mothers in Medicine blog which was established in 2008 by the editor and has published over 1500 posts and has over 4 8 million page views to date The book is organized by themes that are unique to the physician mother career decisions having children during training navigating life challenges practice issues and work life balance Each chapter features an excerpt from the blog followed by an honest discussion of the key considerations guidelines and tips as related to each topic in the conversational personal tone of the blog The book concludes with a chapter that features the most popular questions posted on the Mothers in Medicine blog and a summary of the responses received from the community of readers Mothers in Medicine Career Practice and Life Lessons Learned is a valuable and contemporary resource for pre medical students medical students residents and physicians     **Children's Needs II** George G.

Bear,Kathleen M. Minke,Alex Thomas,1997 An all new greatly expanded version of NASP s highly successful 1987 volume designed to provide psychologists mental health workers special educators with a single authoritative source for practical accurate up to date information on the problems issues facing children Contains nearly 90 concise chapters covering child adolescent development family issues academic achievement physical health well being Provides the theoretical practical information you need to develop implement effective problem solving interventions for a wide variety of issues including aggressive behavior brain injury foster homes giftedness lying religion school phobia self concept sleep disorders sports working parents much more     Online Family Preston Gralla,1998-02-27 Plan a complete family vacation on the Internet Learn how to keep your kids safe online Get news and reviews on family oriented movies television and music Find out where to go for help with homework This user friendly jam packed guide is a great resource for finding the best family related sites on the Internet Preston Gralla author of Online Kids and a leading authority in the field of family computing and Internet resources explains how families can best access and use cyberspace His expert advice covers everything from choosing the right online service and navigating the World Wide Web to sending e mail using newsgroups and keeping safe online You ll discover the best places to go online for current events entertainment and up to the minute information on vacation and travel home improvement games and hobbies finance parenting and much more Each chapter includes dozens of useful site listings Put the awesome potential of cyberspace to use for you and your family     Parenting Children with Health Issues

Foster Cline,Lisa C. Greene,2007 Does your child have a health condition which requires special medical or dietary care

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