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LONGEVITY RECIPE DAN BUETTNER'S BLUE ZONES SOLUTION

MOVE NATURALLY
AVOID FORMAL
EXERCISE & LABOR-
SAVING DEVICES
WALK!

RIGHT OUTLOOK
DOWNSHIFT 15-MINUTES
EVERYDAY TO COMBAT
STRESS' PHYSICAL
INFLAMMATORY
RESPONSE IN YOUR
BODY

CULTIVATE **IKIGAI** -
SENSE OF PURPOSE -
YOUR REASON FOR
WAKING UP IN THE
MORNING

EAT WISELY
WINE @ 5:00 PM
PLANT BASED FOOD
USE SMALL PLATES
PRACTICE **HARA HACHI
BU** - EAT UNTIL YOUR
STOMACH IS 80% FULL

CONNECT
LOVED ONES FIRST
BELONG
RIGHT TRIBE

MELIS FAMILY MINISTRONE

Soup recently touted on the Today show from New York Times bestselling author, National Geographic Fellow, [Dan Buettner's](#) latest book, *The Blue Zones Solution: Eating and Living Like the World's Healthiest People* is this month's GOOD THINGS TO EAT recipe and more.

Little did I know a challenge to make it less labor intensive would not only get me back in the mood to cook but also to buy the book, reread Buettner's 2012 article, *The Island Where People Forget to Die*, listen to his 2009 [TED TALK](#) and 2011 [TEDMED](#) presentation. Do take 20-minutes to do so. No time? Read my summary.

Even if, like me, you don't belong to the "right tribe", here's how a Blue Zones lifestyle can enhance your longevity.

"Myth #1 - If I try real hard, I can live to be 100.

Myth #2 - Treatments exist that can slow aging."

Not exactly, how we age is "10% genes and 90% lifestyle."

TED TALK 2009 highlighted centenarians from Sardinia, Italy's Nuoro Province where more men were 100+-years old, Okinawa, Japan where women took the lead and Loma Linda, CA, USA where the homogeneous Seventh-day Adventists connect with God, community and nature and like my Jewish friends observe the Sabbath from sundown Friday to sundown Saturday.

Other Blue Zones have been identified: Costa Rica's Nicoya Peninsula, Ikaria, Greece. The various groups' commonality:

MOVE NATURALLY - 30+ years ago when I excitedly shared my intent to join the fitness industry, to teach exercise, my friends and family rolled with laughter. Why in God's name would anyone get in their car, wear a special costume, be lead in exercise when there are weeds to be pulled from the vegetable garden, or depending on the season, leaves to be raked, snow to be shoveled, grass to be mowed, carpet sweeping to be done and kneading the weekly bread project into oven-ready loaves? Wouldn't it be more fun to take a hike, play catch or cross-country ski?

Bottomline, as per Buettner, major public health initiatives/gloom and doom edicts to create healthier communities through exercise and diet simply don't work. "The average American only burns about 100 calories through exercise per day." Albert Lea, MN, [Blue Zones Project](#) prototype is the exception along with 17 other cities making significant changes in smoking cessation, healthy eating, weight loss and life expectancy.

RIGHT OUTLOOK -

Directly out of my last issue, take 15-minutes each day to de-stress. Perhaps that's a walk or to simply sit quietly. I've been brown-bagging lunch to enjoy in the nearest park.

What's your reason to be each day? Buettner said the "two most dangerous times in our lives are birth due to infant mortality and the day we retire" should we lose our purpose.

2014 was not an easy year for me work wise. Meeting with my tax guy, sharing how I was moving forward with [The Melt Method](#) brought a huge smile to his face. Later a note tucked into my completed return brought a tear to my eye, "Keep re-inventing yourself." Aha, my ikigai!

EAT WISELY, PRACTICE HARA HACHI BU -

Wine at 5:00PM works for me but if you avoid alcohol seek [polyphenol rich foods](#) like dark chocolate, blueberries or black grapes. Eat plant-based food. Sardinians eat a cheese made from grass-fed milk rich in omega 3 fatty acids. Seventh-day Adventists eat from the bible Genesis 1:29 which made me pull Anthony F. Chiffolo's and Rayner W. Hesse's [Cooking With The Bible](#) from my collection.

CONNECT -

Honor loved ones first. No tribe, create community, one like the late [Jane Howard](#) defined in her 1978 book *Families*.

Very special thanks to my friend, [Top Floor Fitness](#) colleague, Karen Hunt for handing me a recipe that inspired this issue of GOOD THINGS TO KNOW & EAT!