

The Art of Living Well: Blue Zones Lessons for Lifelong Health

Susan Johnson, Ph.D.

Director of Health Promotion

Medical University of South Carolina



BLUE ZONES

LONGEVITY HOTSPOTS

LOMA LINDA
CALIFORNIA

NICOYA
COSTA RICA

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

BLUE ZONE LIFE LESSONS



MOVE NATURALLY



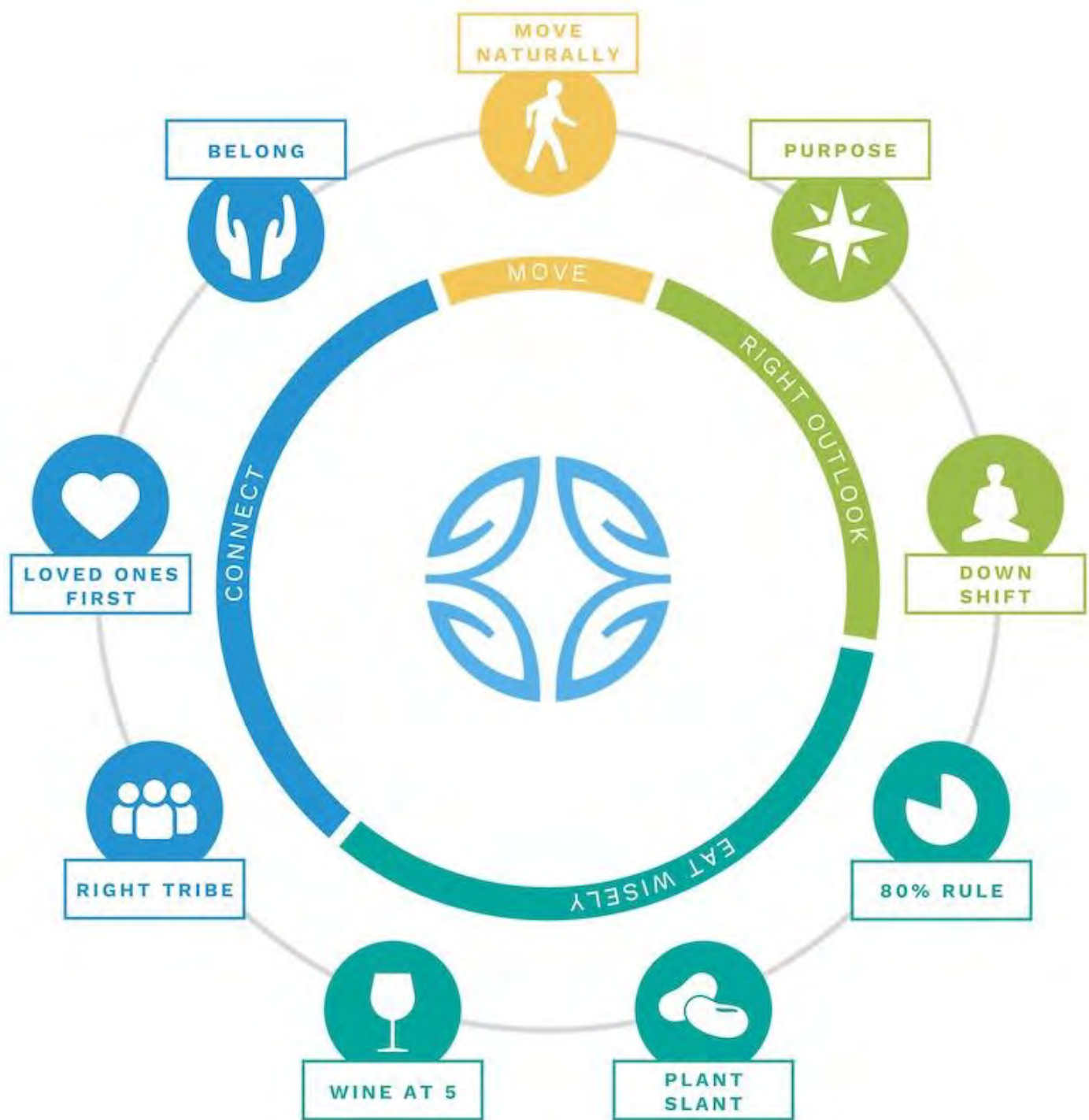
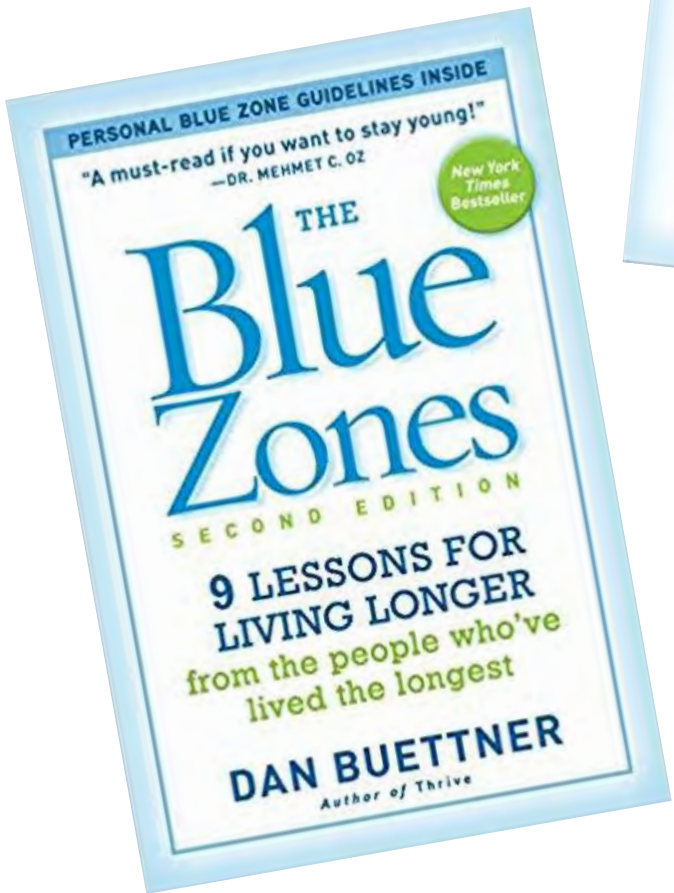
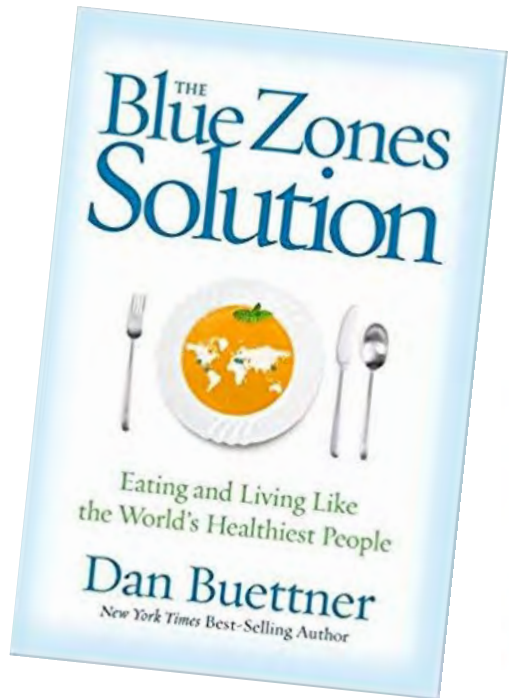
RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY






Power 9[®]

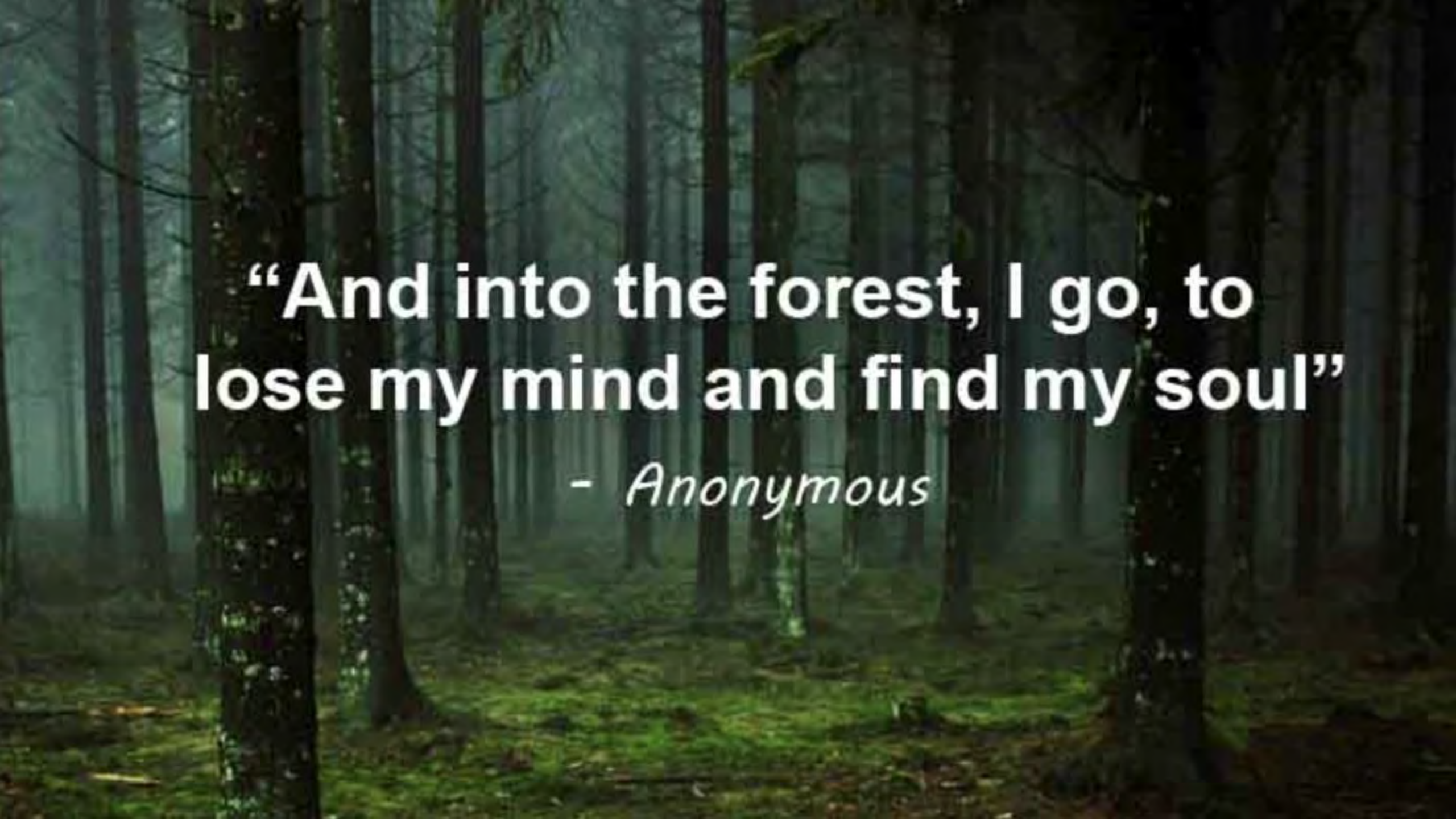
down shift.

To reverse chronic inflammation caused by stress, find time each day to meditate, nap, pray, or enjoy a happy hour.



A photograph of a dense forest with tall, thin trees. Sunlight filters through the canopy, creating a dappled light effect on the forest floor. The ground is covered with fallen leaves and some rocks. The overall atmosphere is peaceful and natural.

"Nature
itself is the
best
physician." -
Hippocrates

A dark, misty forest with tall, thin trees and a mossy ground. The scene is dimly lit, with a blueish-green tint, creating a somber and mysterious atmosphere. The trees are mostly bare, and the ground is covered in a thick layer of green moss.

**“And into the forest, I go, to
lose my mind and find my soul”**

- Anonymous

Forest Bathing is....

"*SHINRIN-YOKU* MEANS BATHING IN THE FOREST ATMOSPHERE, OR TAKING IN THE FOREST THROUGH OUR SENSES. THIS IS NOT EXERCISE, OR HIKING, OR JOGGING. IT IS SIMPLY BEING IN NATURE, CONNECTING WITH IT THROUGH OUR SENSE OF SIGHT, HEARING, TASTE, SMELL AND TOUCH. IT IS LIKE A BRIDGE. BY OPENING OUR SENSES, IT BRIDGES THE GAP BETWEEN US AND THE NATURAL WORLD."

QING LI, AUTHOR OF *THE ART AND SCIENCE OF FOREST BATHING*



WALLACE J. NICHOLS

FOREWORD BY CELINE COUSTEAU

BLUE MIND

The Surprising Science That Shows
How Being Near, In, On, or Under Water
Can Make You Happier, Healthier,
More Connected, and Better at What You Do



HEALTH BENEFITS OF BEING IN OR NEAR WATER

VIA THE BLUE MIND THEORY



Elevated and sustained
feelings of happiness



Acts as an antidote to
the "red mind" overstimulated
or anxious state



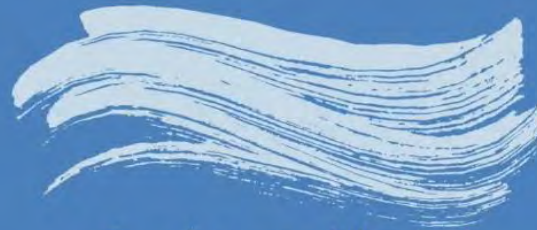
Lowers stress
and anxiety levels



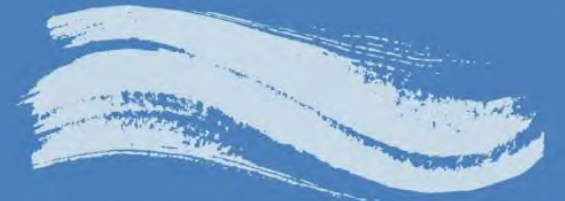
Lowers heart rate



Boosts creativity and
problem-solving



Can be used to help
treat or manage PTSD



Can enhance quality of
conversations with others

Dose of Nature Pyramid

What is your current dose of nature?

Is it enough?



BLUE ZONES PROJECT
by HEALTHWAYS



MOVE NATURALLY



MOVE NATURALLY

Power 8

move naturally.

We can get more physical activity naturally if we live in walk-able communities, de-convenience our homes and grow gardens. Walking is the best activity for longevity.





eat

WISELY



BLUE ZONES PROJECT[®]
by HEALTHWAYS

Cook Up a Plant Slant Recipe

80 percent rule.

Power 9[®]

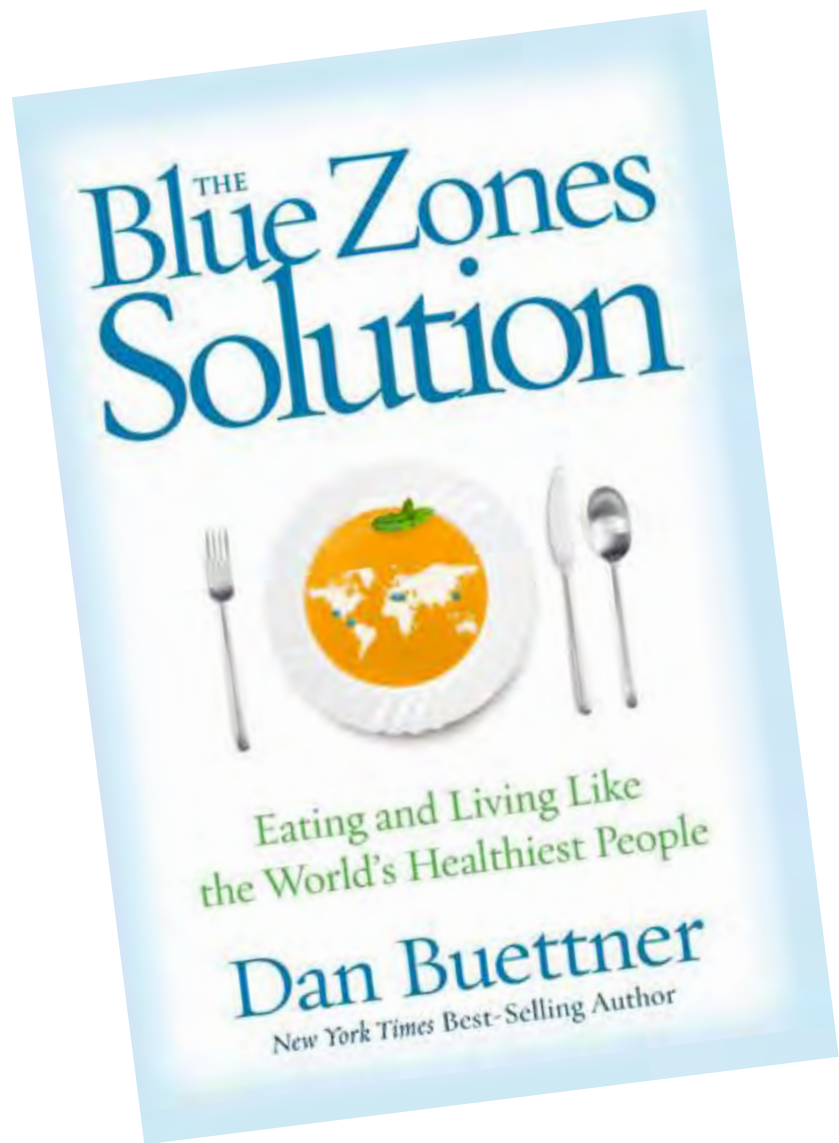
Cut 20 percent of your calories with evidence-based practices: eat a big breakfast, eat with your family, use 10-inch plates and stop when you feel 80 percent full.



FOOD GUIDELINES

95% plant-based

5% animal-based




Power 9[®]

wine at 5.

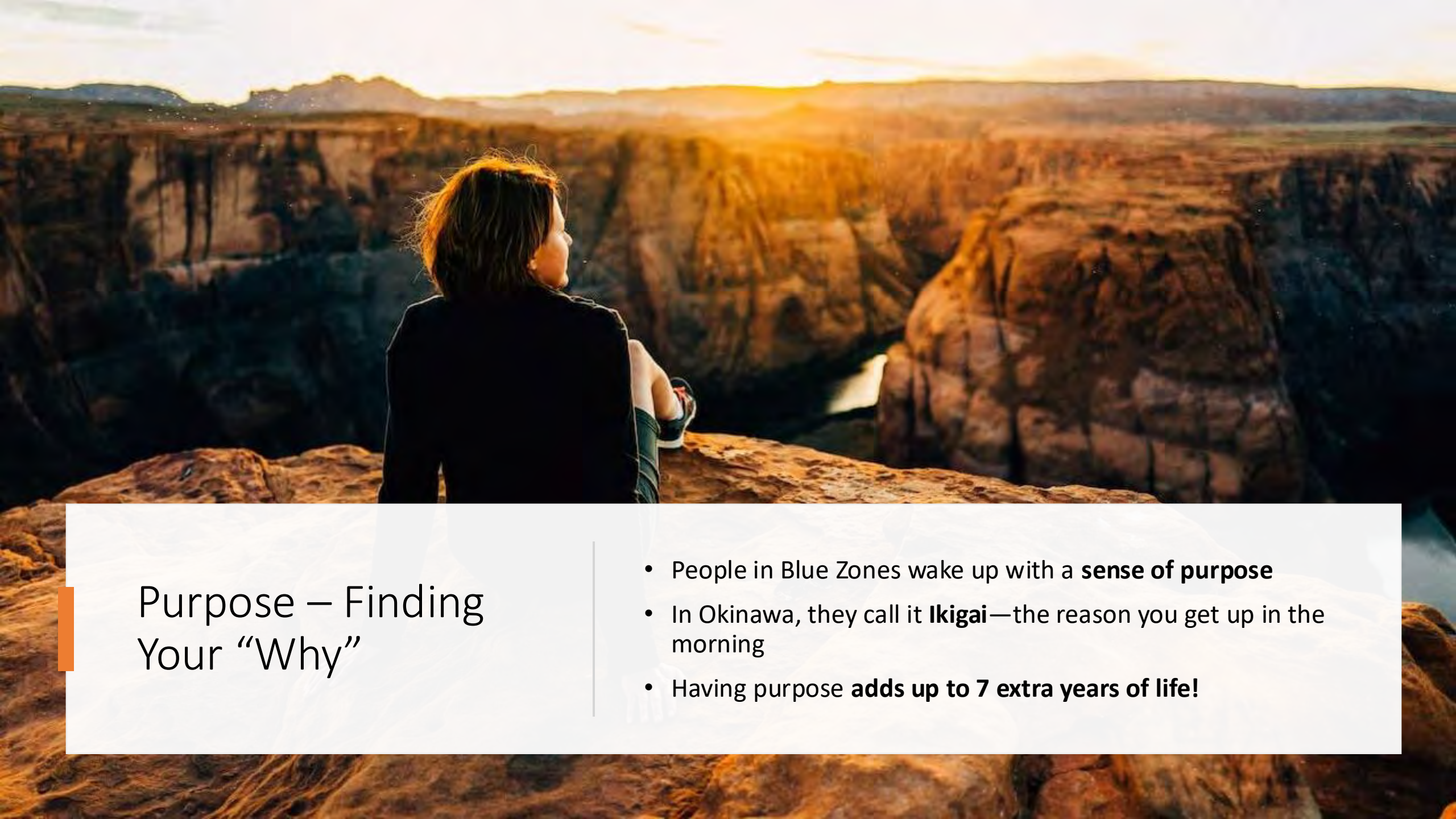


If you have a healthy relationship with alcohol, one to two glasses of wine daily could help add years to your life, especially when consumed with a healthy diet.



A top-down view of a diverse group of people sitting in a circle on a wooden floor, with their hands stacked in the center. The image is dimly lit and has a dark overlay. The text is centered over the hands.

Connection, Play & Purpose: The True Secrets of Longevity

A woman with dark hair, seen from behind, sits on a rocky ledge overlooking a vast, deep canyon. The sun is low on the horizon, casting a warm, golden glow over the landscape. The canyon walls are rugged and layered, with a river visible in the distance. The sky is a mix of orange and blue.

Purpose – Finding Your “Why”

- People in Blue Zones wake up with a **sense of purpose**
- In Okinawa, they call it **Ikigai**—the reason you get up in the morning
- Having purpose **adds up to 7 extra years of life!**



belong.

Recommit or reconnect to your faith community, or explore a new one.

No matter which faith, studies found that people who devote time to their faith community four times a month live an extra 4 – 14 years.



Power 9®

right tribe.

Your friends have a long-term impact on your health and longevity. Taking stock in who your friends are and expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add years to your life.



~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's RAINING~~
~~It's too late~~
Let's go

family first.

Living in a thriving family is worth a half-dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.



The Power of Creativity for Lifelong Health

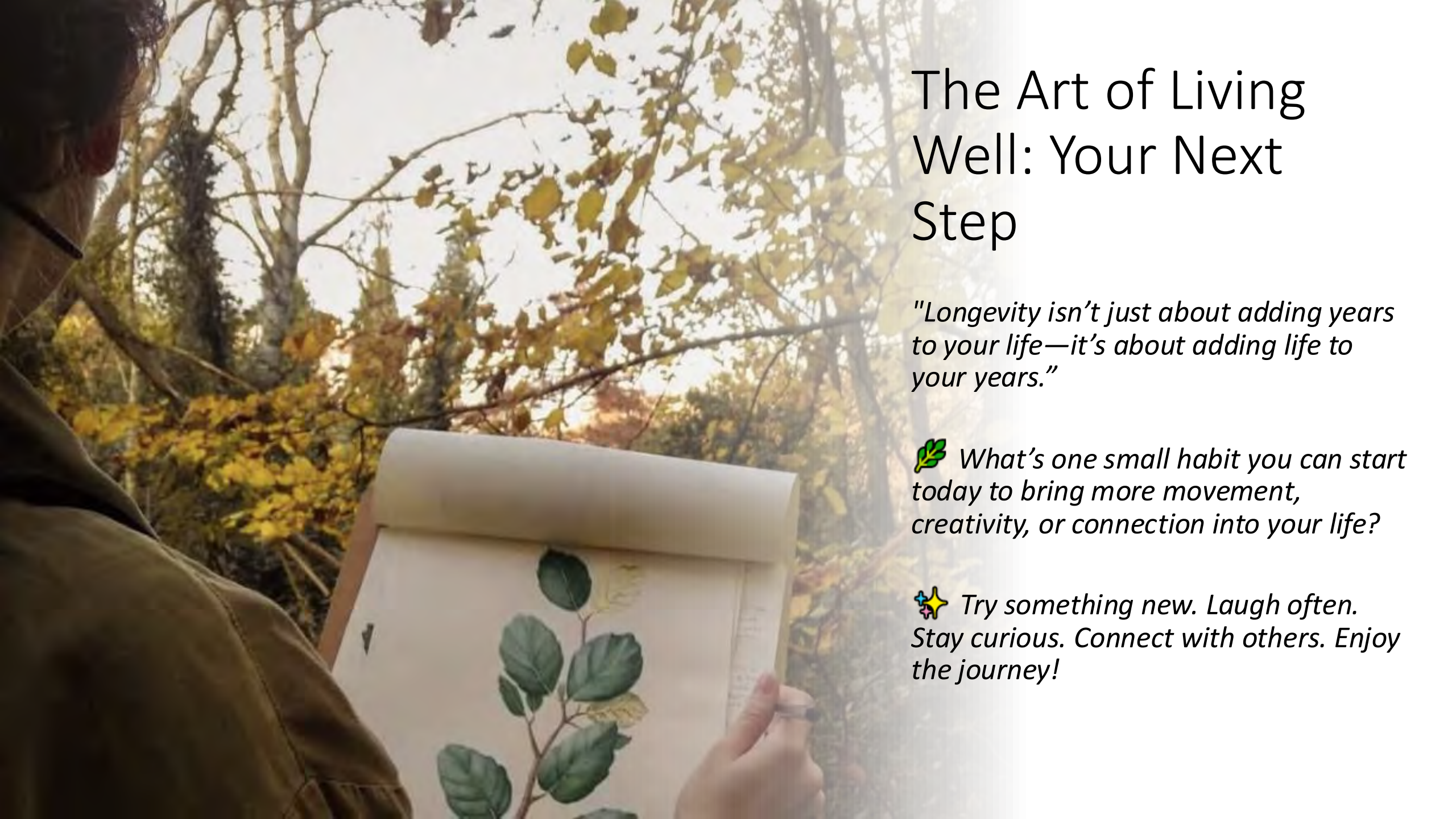
- **Creativity is a health tool!**
Engaging in creative activities reduces stress and improves brain function.
- **Lifelong learning keeps us young.**
Trying new things strengthens neural pathways and prevents cognitive decline.
- **The Artist's Way Mindset:** Try something new every day—whether it's a new hobby, a new food, or a new perspective!



“ Remember this, that
very little is needed to make
a happy life. ”

- MARCUS AURELIUS





The Art of Living Well: Your Next Step

"Longevity isn't just about adding years to your life—it's about adding life to your years."

🌿 *What's one small habit you can start today to bring more movement, creativity, or connection into your life?*

✨ *Try something new. Laugh often. Stay curious. Connect with others. Enjoy the journey!*