MAKE TIME TO MOVE!

To be a longevity super-star, you don’t have to run marathons or compete in ultra-endurance events. In fact, Blue Zones® researchers discovered that many of the world’s oldest and healthiest people engage in low-intensity activities on a daily basis. Shepherds in Sardinia hike many miles a day for most of their lives, while Okinawans garden for hours every day to grow food for their tables. Adventists in Loma Linda, California – another Blue Zones area – take long walks. The key is to engage in low-intensity activity most days of the week. **Residents living in the original Blue Zones areas share common principles called Power 9®—these are healthy lifestyle habits that help them live longer, healthier, happier lives. Moving naturally is one of them.**

MOVE NATURALLY - YOUR PRESCRIPTION TO GOOD HEALTH

You don’t have to run out and buy a gym membership to be more active. Instead, build activities that you like to do into your lifestyle, whether it’s riding your bike, chasing your kids, walking the dog, swimming, or anything else you enjoy.

Remember when you were a kid constantly on the go? You didn’t have to think about it – you just moved for the sheer fun of it! Movement was part of everyday play, whether it was climbing trees, swimming at the beach, jumping in puddles, or just plain running to feel the wind on your face. Find what you enjoy and do it! If you like an activity, you’re much more likely to keep it up, well into your golden years.
Q & A: Ask the Expert

Q: What activities should I engage in to stay active and healthy?

A: Health experts tell us that engaging in a combination of four types of exercise will keep our bodies healthy and strong. Endurance activities like walking, running, hiking, biking, or swimming will keep the heart healthy. Strength training activities, such as lifting weights, help to build and maintain strong muscles. Maintain flexibility by adding stretching movements to your daily activities to keep your body nimble and limber as you age. Avoid falls by incorporating activities that require balance, such as yoga. By adding endurance, strength, flexibility, and balance movements into your active lifestyle, you will feel better, longer.