

# Your Health Report

## Add More Years

You can add more healthy years to your life by optimixing your lifestyle and environment

## Whole Grains

Scientific studies have shown that whole grains do far more to cut our risk of stroke, heart disease and diabetes than refined grains.(include Mayo Clinic link)

## Sleep Well

Sleep is vital to your overall health. Lack of sleep robs the brain of its time to recharge, and that can hamper your ability to work, think, learn, get along with other people, and even keep yourself safe. Sleep can also affect your weight: Too little sleep alters levels of hormones that regulate hunger, which can lead to obesity.(include Mayo Clinic link) How much sleep do you need? It is recommended that we get between 7 and 9 hours a night.

## Eat Less Red Meat

According to the World Health Organization, eating processed meats like bacon, ham and lunch meats can increase the risk of developing certain types of cancer.(include link)

In the Blue Zones, people don't eat nearly the amounts of meat that we do. We found that people there on average were eating small amounts of meat, about 2 ounces or less at a time about five times per month.

# Be Friendly

Research suggests that strong friendships may lead to a longer life. That certainly seems true in the world's Blue Zones, where social connectedness is the traditional norm. In Japan, they have a name for close-knit circles of friends who lean on each other for support throughout their lives.

It makes sense when we think about the things our friends do for us. As the notes, friends take an interest in our health and well-being, increase our happiness and reduce stress, help us cope with trauma and drama in our lives, and boost our sense of purpose, which is also among the secrets to longevity in the Blue Zones. Nurture the friendships you have, especially the ones with healthy, happy people. (include Mayo Clinic link)

# Have Faith

The one Blue Zone in the U.S. is in Loma Linda, California, which includes a cluster of christians. Much of their lifestyle include healthier plant-based diets, no smoking, pursuit of a strong sense of purpose are likely contributors to their longevity.

But it's also likely that routinely gathering together in faith leads to their longer lives. Most of Blue Zones centenarians we interviewed were part of a faith-based community. Attending a religious service can foster what scientists call "social integration." Building a strong social network of both family and friends has been shown to foster good mental and physical health. (include link)

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