The Top 10 Secrets of Longevity
According to Dan Buettner, author of The Blue Zones

1) SLOW DOWN. Work less, rest and take vacations. Tip: Relaxation is key, take time to relieve stress. Don’t rush – plan on being 15 minutes early. Cut out noise and limit time spent with the television, computer, or radio on.

2) KEEP MOVING. Find ways to move more naturally such as walking, gardening, and using fewer labour-saving devices. Tip: Identify activities you enjoy and make them a regular part of your day.

3) FIND PURPOSE. And pursue it with passion. Tip: Write your own personal mission statement. Take up a new challenge like learning a language or an instrument.

4) STOP EATING WHEN YOU’RE 80% FULL. Tip: Reduce calorie consumption at dinner by 20-30%. Use smaller plates, bowls and glasses. Sit and eat your meals.

5) DINE ON PLANTS. Eat more veggies and less meat and processed foods. Tip: You don’t need to become a vegetarian, but increase your intake of fruits and veggies, beans, rice and tofu. Have a 2-oz handful of nuts daily.

6) DRINK RED WINE. Do it consistently, but in moderation. Tip: Two servings a day or less. The plant compounds found in red wine and the skin of dark grapes help reduce heart disease risk.

7) JOIN A GROUP. Create a healthy social network. Tip: Identify your inner circle. Reconsider ties to people who bring you down.

8) FEED YOUR SOUL. Engage in spiritual activities. Tip: Deepen your existing spiritual commitment. Seek out a new spiritual or religious tradition.

9) LOVE YOUR TRIBE. Make family a high priority. Tip: Establish family rituals like game night, family walks and Sunday dinners. Create a place for family pictures and souvenirs that show how you’re all connected.

10) DRINK WATER. Water is essential not only for rehydration but also forms the basis of good blood, dewy skin and healthy body tissues. Every cell in your body, as well as the space between cells, every tissue and every organ needs water. Tip: If your urine is not clear or it looks too concentrated, you need more water.