



Let's Explore

# Blue Zones

*By SaskWellbeing*

# What are “Blue Zones” ?

Places around the world where people consistently live to be more than 100 years old.

The phrase was introduced by Dan Buettner, a National Geographic Explorer and Fellow and journalist. With his team, Buettner traveled the world searching for communities where people not only lived longer, but also enjoyed a high quality of life in their old age.

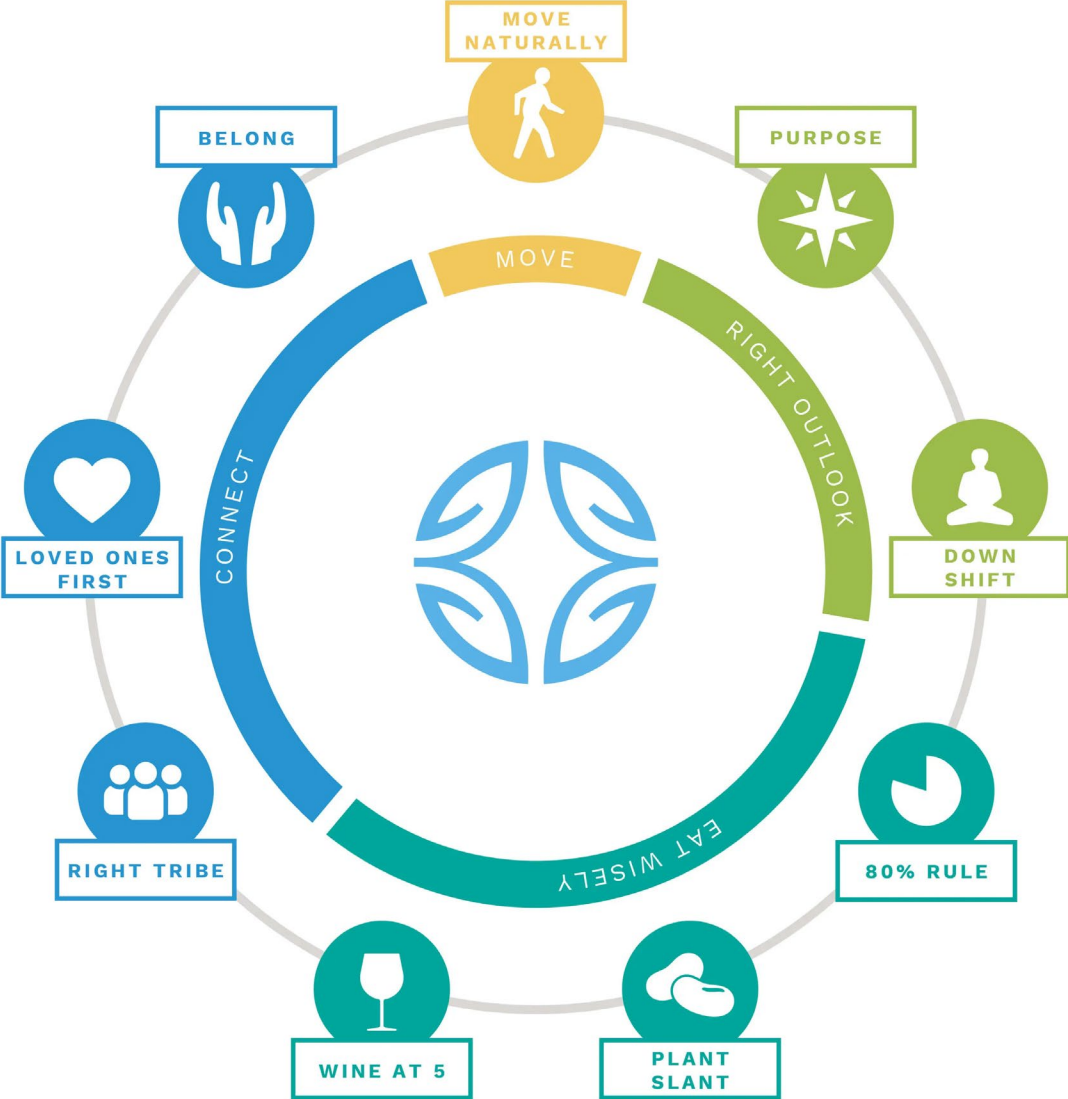




There have been 5 blue zones identified:

- Sardinia, Italy
- Okinawa, Japan,
- Loma Linda, USA
- Nicoya, Costa Rica
- Ikaria, Greece

Dan's team discovered nine specific lifestyle habits that all the blue zone areas share.



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Source: <https://www.bluezones.com/2016/11/power-9/>

# How to live to be 100+



# Blue Zones in Saskatchewan

The Saskatoon Council on Aging Globe Walk theme for 2024 is “**Discovering the Blue Zones**”. Participants will learn about the 5 blue zone regions and their populations.





SaskWellbeing is an initiative that encourages communities and decision-makers to consider all dimensions of wellbeing, and to engage in collaborative multi-sectoral approaches to improve quality of life for all citizens.

[www.saskwellbeing.ca](http://www.saskwellbeing.ca)

## Resources:

- [Blue Zones](#)
- [“Why People in ‘Blue Zones’ Live Longer Than the Rest of the World”](#)
- [“Blue Zones: Lessons From the World’s Longest Lived”](#)
- [SCOA Globe Walk](#)