

Nibbles & Tidbits 7/8/22

From your Health Advisory Team (HAT)



LONGEVITY

Since childhood people around me have claimed that eating the cake or cookie or extra helping of fried chicken was totally worth whatever price they might pay later. Of course disease wasn't on their minds; it was more about how they would feel for a few hours afterward, or clothes fitting too tightly. Eating to create health and longevity is easier and more delicious than we allow ourselves to believe. We have accepted things about aging that over the past 30 years or so have been proven incorrect. There are several components to longevity: exercise/movement, quality sleep, purpose, and community life. But the one that all the experts agree upon is top of importance, is the food we consistently eat. In other words, we can't exercise our way out of a bad diet. That said, we can't eat our way out of poor sleep, either.

HAT was formed here at FCUCC when a nurse in the congregation noticed a need. So, along with a few other members including an M.D. and nutritionist we began to advocate the powerful benefits of lifestyle medicine, a preventative approach to health that is fast becoming a mainstream approach to true (health)care. Our bodies weren't designed to just fall apart at a certain age and our genes are not our destiny, but are influenced—turned on or off—by our lifestyle choices. These discoveries hold such promise for humanity.

I'd like to recommend to you, New York Times best selling author and National Geographic fellow, Dan Buettner. His book *The Blue Zone Challenge* is a longevity gift to us all. Blue Zones (dubbed so by Dan) are five places on the planet where people live the healthiest and longest. Did you know that Brevard is a Blue Zones project site? They have implemented the entire Blue Zone activities/community initiative,

exercise/healthy eating...find out more here-
<https://brevard.bluezonesproject.com/>

In wholeness,
Danna Park, Mary Hawkins, and Kay Garner