

A10 THURSDAY, DECEMBER 7, 2023

## Exporting the 'Blue Zone' way

Re "A long and healthy life in a 'Blue Zone,'" column, Dec. 3

Having lived in the city of Loma Linda and worked at Loma Linda University Health, I was already familiar with the "Blue Zone" phenomenon that Steve Lopez described.

Despite all the studies over the years, there is nothing mysterious about how one should live to increase the probability of a long life: exercise, healthy eating, no smoking or drinking, adequate rest, maintaining social connections and having a sense of purpose.

This is common sense. The difficult part is doing it regularly.

The great takeaway from my experience in Loma Linda is that the Adventist community is an inspiring model of how much better

our world could be. The wars, hatreds and conflicts present throughout the world today are a stark contrast to the humanity, serenity, community and love that pervade Loma Linda.

So let us urge everyone to make their new year resolution to live more like people in the Blue Zones. If they resolve to do this in 2024, we can have a more peaceful, healthy and friendly world.

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