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DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

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Nine principles of the blue zones: Reverse engineering longevity

Life expectancy of an American born today averages 78.2 years. But this year, over 70,000 Americans have reached their 100th birthday! What are they doing that the average isn't (or won't). We will explore the nine Principles of the Blue Zones and see how they can be incorporated into anyone's daily lives, which can add an additional 12 years of healthy living to your life. The 9 principles are; 1. Move Naturally, 2. Purpose, 3. Down Shift, 4. 80% rule, 5. Plant Slant, 6. Wine, 7. Belong, 8. Loved Ones First, 9. Right Tribe. To make it to age 100. You have to have won the genetic lottery. But most of us have the capacity to make it well into our early 90's and largely without chronic disease!

We will spent a little time on the #1 principle of the Blue Zones which is Natural Motion. This is an area that we can add a simple and easy Nordic Walking program for people of all ages with a 75% compliance rate giving them purpose and hope to recovery.

Biography

Dennis P Meloney is a Life Style Educator and has vast professional experience. He pursued his education from University of Colorado and presently he is a Certified Nordic Walking Instructor and National Speaker on Nordic walking and the nine principles of the blue zones.

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