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team went into cities and created change on a  
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***In effect, maximizing our life expectancies is***

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***the goal of “Blue Zones,” and, since you’re reading this guide, it’s one of your goals as well. So, before we begin on this journey together, let’s first take some time to look through where you stand here at the outset. Start a Health Journal, and take some notes on your current lifestyle:***

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***Buettner claims people live much longer than average. The term first appeared in his November 2005 National Geographic magazine cover story, ... The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest. Washington, D.C.: National Geographic.***

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National Geographic Explorer Dan Buettner  
reports on health, fitness, diet, and aging,  
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***Blue Zone - Wikipedia***

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