

# Longevity and Vitality

## Home Based Individual Life Style Changes

**Florida State Senior Games Sanctioned event:** Yes

**Location:** This is a home-based event comprised of self monitoring

**Event Director:** Walt Deal 441-9463

This Good Life Games event is a competition where participants compete by making life style changes to increase their chances to live longer and to maintain their vitality. The ongoing winners will be determined by the conclusion of the games at the time of the 2017 Awards Celebration, but we strive to make these life style changes a way-of-life and will continue to do so throughout the year.

An ambitious group of scientific researchers have scoured the entire world looking for areas having an unusually high rate of members living to be 100 years of age. In association with National Geographic these researchers found five zones containing a percentage of centenarians within their population which could not be explained by the usual mathematical calculations used to determine longevity. They labeled these areas: "Blue Zones". By extensive field work which included considerable time spent within these Blue Zones interviewing the elderly populations and studying the multiple factors found to attribute to their longevity they discovered several factors unique to these zones. I have incorporated these factors plus a few new ones unique to our American culture to develop a Good Life Games Event appropriately named Longevity and Vitality Program.

I have settled on twelve factors described in the Program Guide which will give an individual the greatest chance to eventually reach this event's end point, longevity and vitality. As you will determine upon reading and studying all of the information and material I have gathered in the development of this event, you will discover that you are quite capable of satisfying the requirements of the event without placing any undo hardship upon yourself. I hope your first perusal of this event has you saying: "I can do that!"

Our intent and our purpose are to add years to your life and life to your years.