

## Dan Buettner

National Geographic Fellow, Three-Time Guinness World Record Distance Cycling Holder, #1 New York Times Bestselling Author

Dan Buettner is an explorer, National Geographic Fellow, award-winning journalist and producer, and New York Times bestselling author. He discovered the five places in the world – dubbed blue zones hotspots – where people live the longest, healthiest lives. His articles about these places in The New York Times Magazine and National Geographic are two of the most popular for both publications.

Buettner now works in partnership with municipal governments, large employers, and health insurance companies to implement Blue Zones Projects in communities, workplaces, and universities. Blue Zones Projects are well-being initiatives that apply lessons from the Blue Zones to entire communities by focusing on changes to the local environment, public policy, and social networks. The program has dramatically improved the health of more than 5 million Americans to date.

In his new book *The Blue Zones Secrets for Living Longer*, Buettner returns to Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Costa Rica's Nicoya Peninsula; and Loma Linda, California to check in on the super-agers living in the blue zones and interprets the not-so-secret sauce of purpose, faith, community, down-time, natural movement, and plant-based eating that has powered as many as 10 additional years of healthy living in these regions. And Buettner reveals an all-new Blue Zone—the first man-made Blue Zone yet explored.

Buettner also holds three Guinness World Records in distance cycling.