* Complete all questions found in Parts 1-4, typing only your responses in the Word document. Please do not include the questions when you submit your paper.
* Write in complete sentences with proper grammar, capitalization, and punctuation. Full credit is reserved for responses that include specific examples and detail to show thorough reflection on the material.
* When complete, save your document and upload to the Assignments folder as an attachment. Do not copy and paste your submission into the comments box. The comments box may be used for communication with the instructor, such as "revised."

**Part 1: Blue Zones History. (4 points total)**

Read about the [Blue Zones History](https://www.bluezones.com/2014/03/blue-zones-history/) Next, watch the introductory [video](https://www.youtube.com/watch?v=3suHCm3kUYs&feature=youtu.be) below about the Blue Zones.

1a. (2 points) In your own words, what is a Blue Zone?

1b. (2 points) How can we benefit from learning about the Blue Zones?

**Part 2: The Power 9 (27 points total)**

Researchers have studied the common characteristics in the 5 original Blue Zones and called them the Power 9. Read about the [Power 9](https://www.bluezones.com/2016/11/power-9/). Be sure to read the introduction and each Power 9 principle.

For EACH Power 9, answer each of the following questions: (3 points each Power 9 for total of 27 points)

(a) name each Power 9 and describe it using your own words

(b) give an example of what action, behavior, or strategy you could use to personally practice each Power 9 (see tips below)

When finding ways to apply each Power 9, you want to make sure that you are focusing on specific behaviors. By focusing on specific behaviors and planning ahead, you empower yourself to keep those healthy behaviors. So instead of saying, "include more fruits and vegetables," make a specific plan. For example, you could add a banana with breakfast, a side salad at lunch, and grapes for an afternoon snack. Remember that all these small behaviors practiced regularly add up to better health and longevity.

**Part 3: The original Blue Zones (21 points total)**

You've now been introduced to the five original Blue Zones. There are additional lessons that we can take from each of these areas. One important lifestyle behavior is a healthy diet, like that of the Ikarians. Watch the [video](https://youtu.be/F-PC51V5lMo) below and answer the following questions.

3a. (3 points) Describe the diet of Ikarians. As part of your description, include specific foods that the Ikarians incorporate into their diets.

3b. (3 points) What health benefits are associated with their version of the Mediterranean diet? Be sure to describe at least 2 health benefits.

Now that you've learned about Ikaria, visit each of the [Blue Zones](https://www.bluezones.com/live-longer-better/original-blue-zones/#section-1). Be sure to click on the link titled Learn More under each of the areas and read all of the characteristics that help to boost longevity. Answer the following questions.

3c-3g. From what you read about *each*of the following five original Blue Zones, what is one additional lesson (besides the Power 9 and the diet that you described above) that we can learn from these areas? What are the benefits of this lifestyle or characteristic?

3c. (3 points) Ikaria, Greece

3d. (3 points) Loma Linda, California

3e. (3 points) Sardinia, Italy

3f. (3 points) Okinawa, Japan

3g. (3 points) Nicoya, Costa Rica

**Part 4: The Blue Zones Project (13 points total)**

Research shows that the healthiest people live in communities where the environment makes it easy to make the healthy choice. Watch the following [video](https://youtu.be/YFC73suL7DQ) to see how Beach Cities, California is improving the health of the people who live there by changing the environment.

Now read the [results of these changes in Beach Cities](https://www.bluezones.com/blue-zones-project-results-beach-cities-ca/#section-2).

4a. (4 points) Make the connection! In your own words, describe (from the [video](https://youtu.be/YFC73suL7DQ) above) one activity, event, policy, or other health-promoting change that was implemented in the community and the positive result (from the [results](https://www.bluezones.com/blue-zones-project-results-beach-cities-ca/#section-2) link). Be specific.

4b. (4 points) Good start, now let's make the connection in Albert Lea, Minnesota! Read about the [Community Design Improvements in Albert Lea and their impact](https://www.bluezones.com/blue-zones-results-albert-lea-mn/#section-1). In your own words, describe one Community Design Improvement that was implemented in the community and the positive impact. Be specific.

4c. (5 points) Now that you have learned about multiple ways that a community can help to improve the health of its citizens, take a look at your community. Write a short paragraph (minimum 5 complete sentences) that your community IS or COULD BE doing to promote health?

**Works Cited: (5 points)**

Include references in [JAMA format](file:///d2l/common/dialogs/quickLink/quickLink.d2l?ou=362030&type=content&rcode=DBC-3549193) at the end of your Blue Zones submission. This is the format used in the field of nutrition. The instructions ask you to use the Blue Zones website to complete the assignment so be sure to reference it. You are not required to use other resources, but if you do, be sure to reference them in JAMA format. Typically, when you use many pages from a website as you are with this assignment, you only need to reference the main page of the website, not each page within it. You should, however, practice your JAMA formatting by also referencing each video. This means you should have a total of 4 references.