

Dan Buettner

Quotes

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Have fun, be active. Ride a bike instead of driving, for example.

~Dan Buettner

Singapore is the happiest place in Asia

~Dan Buettner

Eat your vegetables, have a positive outlook, be kind to people, and smile.

~Dan Buettner

The people you surround yourself with influence your behaviors, so choose friends who have healthy habits.

~Dan Buettner

The longest-lived people eat a plant-based diet. They eat meat but only as a condiment or a celebration. Nothing they eat has a plastic wrapper.

~Dan Buettner

Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing.

~Dan Buettner

Diet and supplements and exercise programs aren't what is achieving longevity. Having a faith-based community can add four to 14 years.

~Dan Buettner

I live on the water. I live in a neighborhood that's consummately connected to my neighbors. I bump into them every day. I can bike to work.

~Dan Buettner

A long healthy life is no accident. It begins with good genes, but it also

depends on good habits.

~Dan Buettner

Drink without getting drunk Love without suffering jealousy Eat without overindulging Never argue And once in a while, with great discretion, misbehave

~Dan Buettner

The more things for which you develop a fondness the richer the life you live.

~Dan Buettner

Walking is the only way proven to stave off cognitive decline - it works.

~Dan Buettner

Having a purpose and knowing exactly what your values are will add additional years to your life.

~Dan Buettner

Inconvenience yourself: ditch the remote, the garage door opener, the leaf-blower; buy a bike, broom, rake, and snow shovel.

~Dan Buettner

True happiness involves the pursuit of worth goals; without dreams, without risks, only a trivial semblance of living can be achieved.

~Dan Buettner

I think we need to think about our physical activity as a reward, as something enjoyable and something we look forward to doing, not something that we regard as self-flogging.

~Dan Buettner

If you're eating vegetables you are probably pushing healthier food out of your diet.

~Dan Buettner

You rarely get satisfaction sitting in an easy chair. If you work in a garden on the other hand, and it yields beautiful tomatoes, that's a good feeling.

~Dan Buettner

Serve yourself, put the food away, then eat.

~Dan Buettner

It's hard to reach [the age of] 100. We're not programmed for longevity. We are programmed for something called procreative success.

~Dan Buettner

A doctor may know more than a peasant, but a peasant and a doctor know more together.

~Dan Buettner

Actually, when you get into your sixties and above, you want to think about exercise differently. It's not just about you know cardiovascular or lifting weights. It's also about avoiding accidents.

~Dan Buettner

So learning to play a new instrument, learning a new language - those sorts of things will pay dividends for years or decades to come.

~Dan Buettner

Deepen your existing spiritual commitment.

~Dan Buettner

Kids in a home with grandparents are healthier.

~Dan Buettner

The brutal reality about aging is that it has only an accelerator pedal.

We have yet to discover whether a brake exists for people.

~Dan Buettner

The happiest people in America socialize about seven hours a day.

~Dan Buettner

You have to know why you get up every morning.

~Dan Buettner

Select your friendships carefully. Gather people around you who will reinforce your lifestyle.

~Dan Buettner

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