



Dan Buettner is a National Geographic Fellow and multiple *New York Times* bestselling author. He has discovered, through multiple expeditions with teams of research scientists specializing in population studies, the five places in the world which have been dubbed “Blue Zones”. In these Blue Zones, Buettner has found that the inhabitants live the longest, happiest, and healthiest lives in the world. His *New York Times* Sunday Magazine article about these places, “The Island Where People Forget to Die,” was one of the Times’ most popular articles, as well as his National Geographic cover story on longevity titled “The Secrets of Living Longer”. A chord was struck after these publications, and thus subsequent books were written and a company which seeks to share the distilled wisdom of Blue Zones cultures with American cities was born.

Blue Zones, LLC, puts the world’s best practices of longevity and wellbeing to work in people’s lives at the community level. Buettner works in partnership with Healthways, municipal governments, and various insurance companies to implement the program in more than 20 cities, and has dramatically improved the health of more than five million Americans to date. Their strategy focuses on optimizing the local environment - including the walkability for citizens and kids, availability of healthy food options, social connectivity, pursuit of life purpose, and ongoing coaching and support for creating homes which effortlessly bring forth wellness and happiness.

In one project alone, Buettner and his former partner AARP applied principles of Blue Zones to Albert Lea, Minnesota, and lowered health care costs by 40%. Harvard University’s Walter Willet called the results “stunning” in his review of t...

Testimonials

“Dan was rated our best speaker ever!”

- Dole Packaged Foods.

“Dan’s presentation was one of the best we have had and the doctors continued talking about Blue Zones through the entire rest of the meeting.”

- American Medical Directors Association.

Dan Buettner

Speech Topics

- Motivation
- Life Balance
- Inspiration
- Healthcare
- Attitude

