Nick Buettner is the Community and Corporate Program Director at Blue Zones, LLC. He is responsible for leading the development and implementation of the Blue Zones Project in all of the Blue Zones Communities and corporate sites across the US. Using National Geographic photography and a dynamic, storytelling delivery, Nick takes audiences to these longest-lived cultures, shares his own observations from the field, and provides your group with ideas to immediately increase their own well-being.

In his previous role as executive producer on the Blue Zones team, Nick coordinated all field production operations and collaborated with Good Morning America, CNN, AOL, WCCO and the National Geographic Channel to produce live events from remote locations throughout the world.In the last 20 years, Nick has lead 17 expeditions over 6 continents around the world, three of which to the Blue Zones sites.

His work with the Blue Zones expedition team provided him a first hand, in person glimpse of these Blue Zones — places that have the greatest life expectancy and where more people reach age 100 than anywhere else in the world.

In 2004, **Nick Buettner** & Dan Buettner teamed up with National Geographic and the world's best longevity researchers to identify pockets around the world where people live measurably longer better. In these "Blue Zones" they found that people reach age 100 at rates 10 times greater than in the United States.

After identifying 5 of the world's Blue Zones, the Blue Zones team and National Geographic took teams of scientists to each location to identify lifestyle characteristics that might explain longevity. They found that the lifestyles of all Blue Zones residents shared nine specifi...

Testimonials

We enjoyed every minute of Nick's visit, loved his timely message, and just adored HIM! He is the all-around "perfect speaker" in our opinion. He is so genuine and so thoughtful to all he met - truly engaged with everyone! And everyone loved his message.

- Tulsa Town Hall.

Nick Buettner

Speech Topics

- Inspiration
- Environment