



DAN BUETTNER

Living Longer & Better – What Really Works

New York Times best-selling author, Dan Buettner, has delivered the secrets to living longer to over 250 audiences nationwide as well as featured on the Oprah Winfrey show in November of 2008. Using National Geographic photography, he tells the stories of the four longest-lived cultures and offers nine habits for people to get up to 10 extra good years out of life.



THE PRESENTATIONS:

Blue Zones: Secrets of a Long Life

World renowned explorer and National Geographic writer, Dan and his team of researchers have traveled across the globe to discover Blue Zones – hotspots of human health and vitality.

Along the way he's met people teeming with vigor at age 100 and beyond. Working with the National Institute on Aging, he identified four small populations with the world's highest life expectancy. Then, working with second team of scientists, he isolated the common denominators that explain extraordinary longevity. What is the optimal diet for making it to a healthy age 90? Should you be running marathons or doing yoga? What supplements work? Does stress really shorten your life? Dan debunks the most common myths and offers a science-backed blue print for the average American to live another 12 quality years.

His presentation incorporates National Geographic images that will take audiences into the world's four Blue Zones, tell stories and instruct how to get more life from your years and more years from your life.

Unlocking the Secrets of Happiness

Science shows that where we live – not education, marital status or wealth – is the biggest, controllable factor that determines our happiness. So where should we live? A tropical island? Paris? Las Vegas? It's not where you think.

Working with Gallup, The World Values Survey and the World Data Base on Happiness, Dan and his team found the three pockets around the world where people report the highest level of well-being – or happiness. Then, on assignment for National Geographic, he researched each of these hotspots and distilled down the common denominators in each place. What can governments do to maximize the well-being of their citizens? And more importantly, what can we do as individuals to stack the deck in our favor to maximize happiness?

His presentation incorporates National Geographic photographs and short video clips. It transports audiences to places around the globe where people are living happy and meaningful lives. It offers universal strategies on how to best achieve that life balance we all seek.

DAN'S MESSAGES

The rationale that many CEOs have had in hiring me is that I can give their team a life-enriching message, which shows they care about them as people, not just as producers.

I have been hired to share emerging ideas in the area of science, health and longevity – a message of interest to corporations who consider themselves innovators and thought leaders.

In improving the health of employees, the cost of company healthcare and sick time is reduced. If people are motivated to make changes that inspire them to live healthier and happier lives, the cost of keeping that employee on staff is greatly reduced.

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ACCOMPLISHMENTS INCLUDE:

- Featured in an hour long Oprah Winfrey Show
- National Magazine Award finalist: The Secrets of Living Longer
- Appearances on CNN, Late Night with David Letterman, ABC's Good Morning America, Martha Stewart, Primetime Live, and the NBC Today Show
- Emmy Award-winning documentary producer
- Three Guinness World Records for cycling six continents
- Writer for Outside, LIFE, and National Geographic magazines
- Profiled in People, The New York Times, The Wall Street Journal, Sports Illustrated, The Washington Post, and USA Today



CLIENT COMMENTS

"The Blue Zones is tremendously compelling. Every comment we received was positive and accompanied with a request to be invited to his next presentation."

– Thrivent Financial for Lutherans

"Dan spoke at one of our conferences recently and he was nothing short of excellent. Dan's message is unique, practical and fact-based."

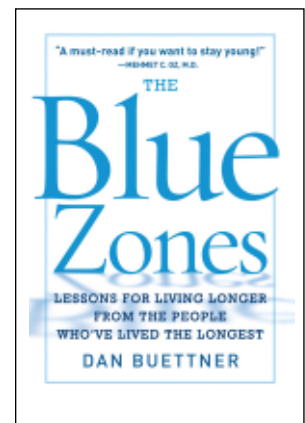
– Ameriprise Financial

"Dan did a stellar job at our conference ... we have no idea how we'll fill his shoes the next time we put on this event"

– Blue Cross and Blue Shield of Minnesota

SPEAKING ENGAGEMENTS:

- Pepsico
- AARP
- Allianz
- Target Stores
- Ameriprise Financial Services, Inc.
- Thrivent Financial for Lutherans, Inc.
- SNAP! Gathering
- Independent Long Term Care Conference
- North Face Annual Summit



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