

DIGITAL MAGAZINE

Erasmus +



A MAGAZINE OF HEALTHY LIFE

How to reach longevity? An interview with a centorian.



Only one out of 5000 people will live up to 100 or more years. The truth is that in order to reach this certain age, you would need more than just trying to maintain a very healthy lifestyle. You also need to be lucky enough to win the genetic lottery and live in a “blue zone”. Today we are going to speak with Stefano, who lives in Sardinia, which is the largest “blue zone” in the world. We found Stefano in a village. called Ollolai. |

-Hey, Stefano can u tell us your age?

102.

-Wow you really are 102 years old... And you look like you are still in shape. How do you do this?

Well, I am very active – I wake up really early and love to go for a jog on the seashore. I never use any car or public transport in order to go to the store or do some minor task.

[*Physical activity, if practiced regularly, can lead up to a multitude of health benefits: it ensures the regulation of metabolism, reduces stress, fights insomnia, improves breathing and blood circulation. Morning exercises are important, as they help the body function normally. For example, people who wake up early to play sports, will sleep better in the evening and not have dinner at night - usually harmful to the general health*]

-Really? I didn't know a person at your age could do that! HAHA. Can you share your secret with us?

Well to be fair I go on regular checkups at the doctors. He gave me a detailed food plan to follow, made by a professional nutritionist. I always make my food before the following day and separate it in small containers for each meal. Would never eat after 9pm. I follow the golden rule – “An apple a day, keeps the doctor away”.

[*Your body needs rhythmicity in food ingestion. This allows it to digest easily previously consumed food and turn them into pure energy. We have to be careful with the intervals that we take between each meal – they should not be too large or too small, otherwise you could trigger the “yo-yo” effect. Eating more fruits and vegetables, while decreasing the consumption levels of salt, sugar and fat could prevent it*]

- You said that you are preparing your meals on your own. Can you tell us your favorite recipe?

I don't have a favorite one, but one that I really like is Grilled chicken with charred pineapple salad. I will give you some tips on how to prepare it:

1. Combine the oregano in a bowl with 1 to 2 tablespoons of oil, then season with sea salt and black pepper.
2. Use a sharp knife to slice into the chicken breasts, then open each one out flat like a book to butterfly. Place in the bowl with the herby oil, turning until well coated, then leave to one side.
3. Cook the quinoa according to the packet instructions, then drain and set aside.
4. For the dressing, peel and destone the avocado half, then scoop the flesh into a blender. Add half the coriander (stalks and all) and the jalapeños, along with a splash of the pickling liquid and the juice of 1½ limes. Blitz until smooth, adding a splash of oil, if needed. Stir through the quinoa.
5. Finely shred the cabbage, pick the remaining coriander leaves, then toss with the salad leaves.
6. Place a griddle pan over a high heat. Peel the pineapple, remove and discard any core, then chop into 4. Place on the hot griddle pan for a few minutes on each side, or until charred, and transfer to a chopping board.
7. In the same pan, griddle the chicken for 5 minutes on each side, or until charred and cooked through, then remove from the pan and leave to rest on the board for a few minutes.
8. Chop the griddled pineapple into bite-sized chunks, then slice the chicken into thin strips. Deseed and finely chop the chilli.
9. Divide the yoghurt between four plates, then top with the chicken, adding the pineapple on one side and the dressed quinoa on the other. Toss the leaves and cabbage with the juice of the remaining lime half and a little salt and pepper, plus the chopped chilli. Divide between the plates, then serve.



-Okay, but what about drinking?

Well I know it's not good for my health, but from time to time I would like to drink a little bit of wine. But to be fair, during the day I drink mainly water and from time to time I would like to prepare myself a smoothie.

*[*Daily consumption of at least eight glasses of water is necessary to ensure the good health of the kidneys, good skin and energized muscles. try not to rush to eat, because you will not chew the food well and make the digestion process difficult. Drink more smoothies and try to choose only fresh and natural product*]*

Smoothie Recipe:

2x Green Apples
2x Red Oranges
1x Carrot
Ginger
a few leaves of baby spinach
salt depends on your taste

*[*We can opt for a healthier lifestyle by adopting small daily habits, which may seem insignificant at first, but will prove beneficial in the long run. Here`s a few tips that could be helpful:*

1. Don`t multitask when you are eating.
2. Sleep at least 7 hours.
3. Educate yourself on what to eat to prevent certain diseases.
4. Try to workout on a daily basis.
5. Eat small portions.*]

And do you think that your longevity has something to do with the specific weather that Ollolai has?

Well we do have a great climate with 4 seasons. Normally we have great conditions to catch different types of fish. But in recent years we had some issues that prevented it, such as – the raise in temperature of water that resolved in the dissemination of lots of those species. Also last year, we had a food crisis - our agriculture suffered a lot from the increasement of insects migrating in our region. This was provoked again by the increasement of temperature – they are changing their migrating routes. Also we almost don`t have spring and winter anymore – autumn and winter are getting larger and lots of vegetable and fruit plants are suffering from it.

*[*Since 1880 the worlds temperature has increased by, 0.8 degrees. Water pollution, devastating wild-fire and other unforeseen circumstances are having a huge impact on the production and quality of food. This is caused by higher levels of carbon dioxide. E.g. Africa`s food production will decrease with 30% until 2030. To cope with that we can use different technologies. We can*



implement precise agriculture, reduce meat consumption (which will decrease the level of methane by 14,5%)*]

-Yeah, I guess that this is a common issue globally. But it doesn't affect one type of businesses – the fast food chains. Have you ever tried eating from there?

Should fast food be banned- Y

The reason why fast food should be banned is firstly because it makes you Secondly it leads to lot of medical problems like diabetes and lastly lots of people buy it because its cheap. Fast food is full of ingredients which are bad for you health- they preserve fats. And have very small nutritional value in them.

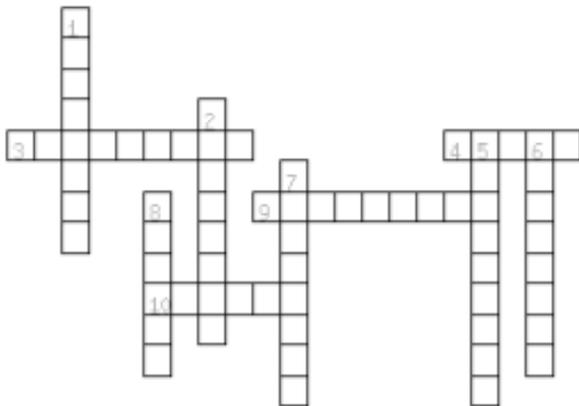
Fast food is very helpful? – No.

Modern people do not have time to prepare food at home, because it saves them time. You can find tasty semi-cooked food on an affordable price. Those companies are multinational and provide employment for many people , therefor banning them will lead to an increasement of unemployment in some countries and leave many families without food on their table.

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DOWN

1. Food with a lot of fat
2. A place, where people have a higher life expectations
5. Typical tropical food
6. A tool for cooking
7. The name of beneficial stress
8. Spice with more antioxidants

Across

3. A way of life
4. Prevents the stress
9. The branch of science, that deals with types of food

V F D L I F E S T Y L E
 G S J P F E U M X I F A
 W K N B I O J F D A K G
 K Z U V U N Z A E E P I
 E F T G S A E X X Y F N
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