1.2: Videos

TED Talks – “Jane Fonda: Life’s Third Act”

Within this generation, an extra 30 years have been added to our life expectancy — and these years aren’t just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.

A TED element has been excluded from this version of the text. You can view it online here: http://pb.liberexts.org/older/?p=26

Ted Talks – “Dan Buettner: How to live to be 100+”

To find the path to long life and health, Dan Buettner and his team study the world’s “Blue Zones,” communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that
keep them spry past age 100.

A TED element has been excluded from this version of the text. You can view it online here: [http://pb.libretexts.org/older/?p=26](http://pb.libretexts.org/older/?p=26)

“**The Blue Zones**”

3 Videos based on Dan Buettner’s work and moderated by CNN reporter, Sanjay Gupta, MD. Includes interviews with centenarians around the world.

*The Principles of Living Longer*

*The Art of Aging*

*The Secrets of Centenarians*

**YouTube – Health Literacy**

Overview of Health Literacy. A video presentation prepared by the American Medical Association – long and short versions.
A YouTube element has been excluded from this version of the text. You can view it online here: http://pb.libretexts.org/older/?p=26