Twitter Thread by Hypertroph | Fitness Coach

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Okinawa — a small Japanese island, is known as the healthiest place on earth.

It has the highest number of centenarians — people who are 100 or more.

Here are the 3 Okinawan secrets of living a long healthy life-



1. Hara Hachi Bu (■■■■)
Stop eating when you are 80% full.

Eat till you are satisfied, but not stuffed.

Simple, yet very effective.

• no overeating
• no excess fat gain
• no calorie counting

Eat for nourishment, not for entertainment.



Interestingly — similar principle also appears in Ayurveda, dating back to the 4th century BCE.

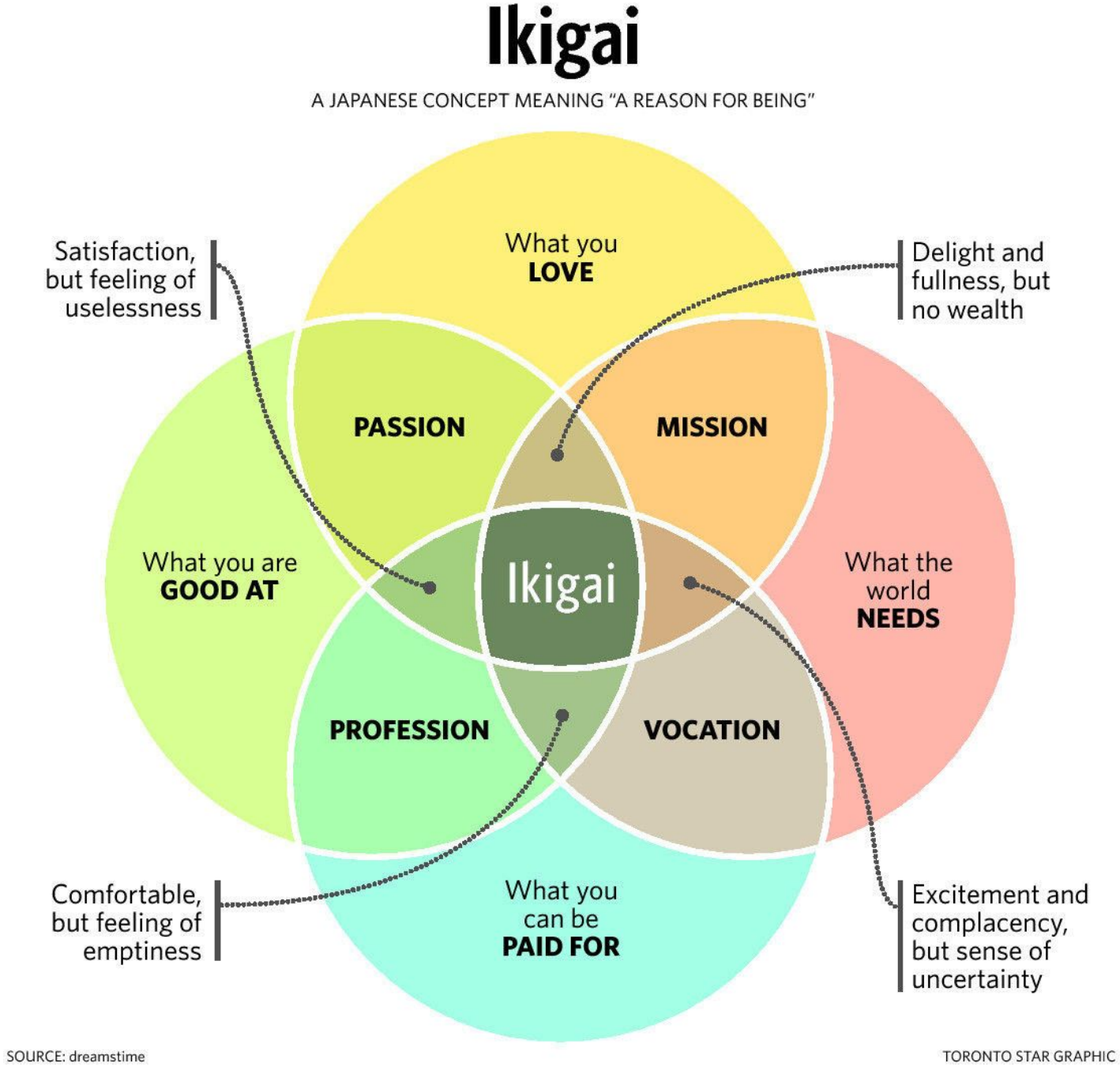
Ayurveda has the 70-30 rule — which states that 70% of your stomach should be filled and 30% should be empty.



2. Ikigai (■■■■)
A reason to live — a deep sense of purpose.

Your ikigai is intersection of 4 things:
• what you are good at
• what you love doing
• what the world needs
• what you will be paid for

You must actively set out to find your ikigai.



Ikigai is a fundamental health and wellness principle.

Physical wellbeing is greatly affected by one's mental–emotional health and sense of purpose in life.

To live a long life - you must be "motivated" to live a long life - you must have a reason deep in your bones.

What I love most about ikigai is that it is as practical as it is spiritual.

Ikigai isn't "just do what you love and money doesn't matter."

Ikigai is being specific.
Ikigai is having purpose.

To learn more about Ikigai, read this book-

https://t.co/dC0lcdZaa5



3. Moai (■■)
A group of lifelong friends.

Moai means "meeting for a common purpose."

It is like your second family

A group of lifelong friends who provide each other emotional and financial support, grow together and hold each other accountable.



Your moai is your tribe.

Modern research shows that the biggest determinant of your long term health and happiness — is the quality of your close relationships.

To put it plainly — loneliness kills.

Here is a popular TED talk on the same:
https://t.co/MTp7LfJdG6

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Thank You.