

“THE SARDINIA STUDY OF EXTREME LONGEVITY”



Article Summary

The AKEntAnnos study (“A Kent’Annos” meaning “may you live to 100” in Sardinian) investigated the unique traits of centenarians living in Sardinia, Italy—a region known for an unusually high number of people living past 100. The researchers studied 141 centenarians, along with their siblings and 60-year-old controls, in a thorough examination of their genetics, lifestyle, health, and functionality.

Key findings include:

- Sardinia’s geographic isolation has preserved a unique genetic pool with low variability, aiding research.
- Longevity appears to result from a balance of genetics, environment, and lifestyle, rather than genetics alone.
- Sardinian centenarians had relatively uniform and simple lifestyles, often involving strong family ties, traditional diets, physical activity, and consistent routines.
- Surprisingly, the female-to-male ratio was closer to 2:1, which is lower than in other regions, suggesting Sardinian men also live longer than expected.
- Many centenarians experienced periods of illness or decline, showing that longevity does not require perfect health, but likely reflects an ability to adapt to challenges.

The study highlights that aging well may be less about avoiding hardship and more about resilience, community, and a meaningful lifestyle.

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Inspired by the Sardinian Centenarians

Instructions: Use this worksheet to reflect on your current lifestyle and explore what changes might support your long-term mental and physical wellbeing. There's no "perfect" answer—this is about your unique path to thriving.

1. Connection & Community

Sardinian Insight: Family ties and daily social interactions were a common trait among centenarians.

Reflection:

- Who are your "chosen family" or support network?
- How often do you connect meaningfully with others?

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Activity:

List 3 people you could connect with this week—just to check in, share a laugh, or spend time with. Maybe write their contact information and an idea you have of what you can do. A coffee date, bookstore trip, walk in the park, thrifting, a trip to the open market?



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3. Movement & Purposeful Activity

Sardinian Insight: Physical activity was part of daily life—walking, gardening, housework—not exercise routines.

Reflection:

- How do you move your body in ways that feel natural or enjoyable?
- What purposeful activities bring you a sense of meaning?

Prompt:

A simple activity that brings me peace is...

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5. Legacy & Values

Sardinian Insight: Long life gave many the opportunity to pass down values, traditions, and wisdom.

Reflection:

- What values do you hope to live by—and pass on?
- What brings you a sense of legacy, no matter your age?

Prompt:

I want to be remembered for...

Longevity in Real Life

Closing Thought:

Longevity isn't just about years added to life—it's about life added to years. What can you begin shifting today that supports your emotional, relational, and physical well-being?

What is the legacy you want to leave?

MIND MAP

