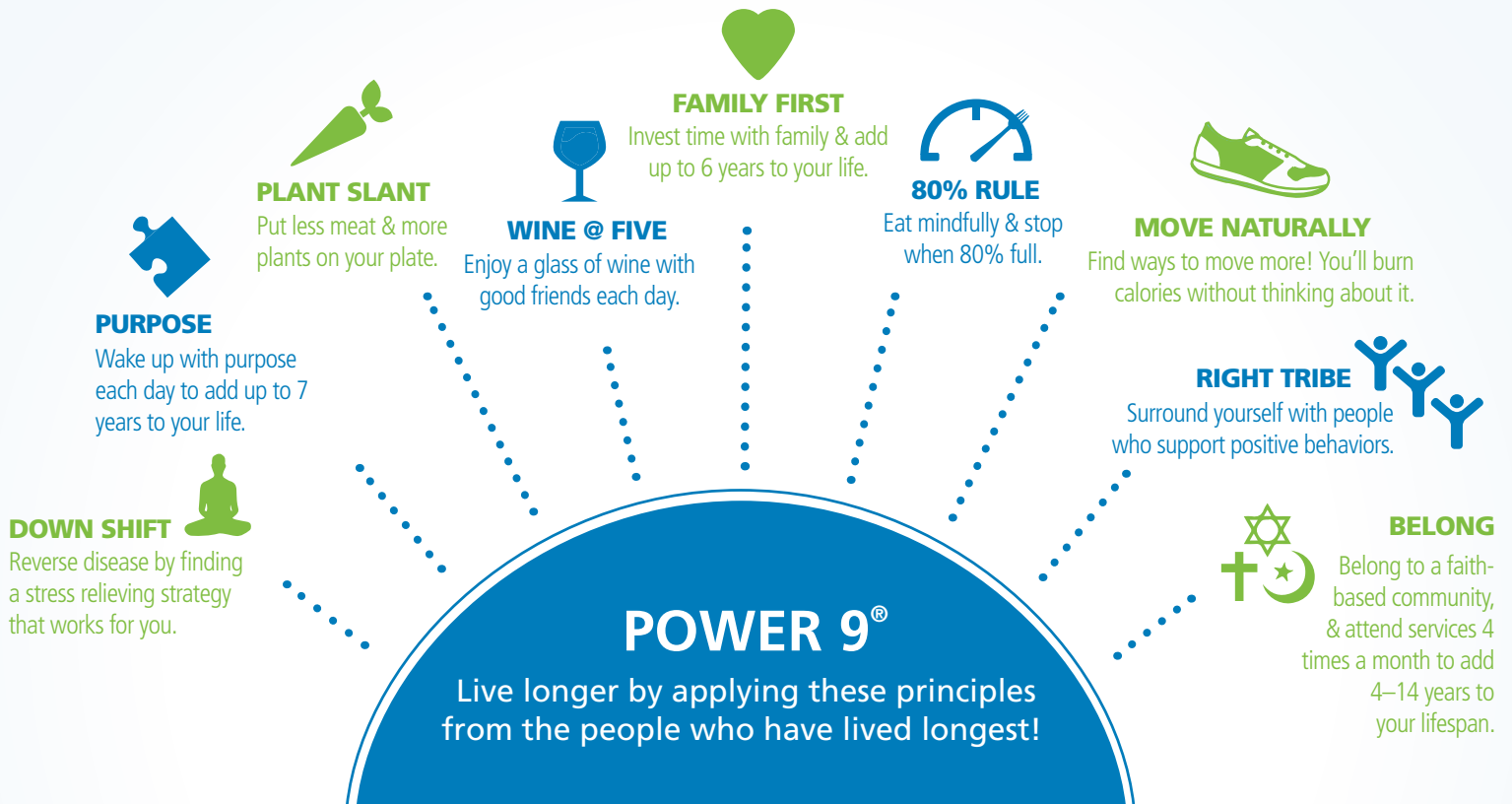


EXPERIENCE BLUE ZONES PROJECT[®]

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

Be a part of transforming well-being so the healthy choices become easy choices for you and your community.



FEEL THE DIFFERENCE WHERE YOU LIVE, WORK, AND PLAY.

- CITIZENS**
Take the personal pledge and make small changes that can have a big impact on your well-being for years to come.
- WORKSITES**
Improve the physical, emotional, and social well-being where you spend most of your time—work.
- SCHOOLS**
Teach kids healthier habits they can carry with them for a lifetime.
- RESTAURANTS**
Experience a better dining environment with healthier menu choices.
- GROCERY STORES**
Shop where healthy foods are easy to find.
- COMMUNITY POLICY**
Use city design, policies, and social networks to create an environment to support healthy choices.

JOIN THE MOVEMENT!

LIVE LONGER BETTER[®]

bluezonesproject.com



Brought to Hawaii by **HMSA**

Blue Zones Project supports well-being improvement in each of these 6 areas.