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.



FAMILY FIRST

Invest time with family & add up to 6 years to your life.

WINE @ FIVE



Eat mindfully & stop

when 80% full.

Find ways to move more! You'll burn calories without thinking about it.



who support positive behaviors.



Live longer by applying these principles from the people who have lived longest!



BELONG

Belong to a faithbased community, & attend services 4 times a month to add 4-14 years to your lifespan.

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



CITIZENS

a stress relieving strategy

that works for you.

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!



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