



BLUE ZONES PROJECT® WALKING MOAI

Frequently Asked Questions

Who can win prizes?

Teams of people who live or work in Fort Worth and register during a 10-week period.

How do we know that teams aren't cheating?

We don't. It's the honor system. But if something seems really off, we'll look into it.

Can I join more than one Moai® team?

Absolutely. You can be part of a Moai at work, home and/or school.

I don't have a team. How can I register?

You can register as an individual at MeetYourMoai.com. We will help you find a team to join at the Moai Launch event.

What is the deadline to register?

Individuals and teams can register up to one week after the Moai Launch at MeetYourMoai.com

Can we have people join our team after the Launch event?

Yes. People can join a team or start a team up to one week after the launch. The ideal team size is 5 to 8 people. If your group is so popular it gets larger than eight, consider dividing up into two teams. If you have open slots on your team, your team may be asked to include an additional team member.

Can kids be on a team?

Yes, kids are welcome if your Moai members are comfortable with children joining as long as they are with a parent/guardian. This program focuses on adults, so only adults will register. Kids under 15 years old do not count toward the 5 to 8 members needed for your group to be considered an official Moai.

What happens to my team after the 10-week period?

Your team can continue walking together after the 10 weeks or you can form new teams at the next Walking Moai Launch. Check with your local Blue Zones Project® team for more information.

What do I do next?

1. **Read** *The Blue Zones* and *The Blue Zones Solution* by Dan Buettner or visit bluezonesproject.com to learn more about Blue Zones Project.
2. **Like us** on Facebook, Twitter, and Instagram and share photos of your team.
3. **Join** your team for weekly walks and explore your community while making social connections.
4. **Get involved** – there are many volunteer opportunities with Blue Zones Project or your community.
5. **Consider joining a Potluck Moai!**