Hi Team \_\_\_\_\_\_\_ ,

We hope that you are all doing well in the midst of the COVID-19 outbreak. We understand that this is a difficult time since social isolation is not a normal human practice. While we are advising not to meet in person for your walking moai groups, we wanted to offer some alternative options to connect and keep the activity going.

* Virtual Moai Meetings
  + Use a free app like [**Zoom**](https://zoom.us/)to get the group together. Keep the walking schedule intact but simply ask everyone to walk individually. As soon as the walk is done, join the Zoom team that your Moai Leader has created to talk about your walk! Record your steps and simply share your thoughts with your team during this difficult time. Tip: Share your latest plant slant recipe you’ve tried while practicing social isolation.
* Blue Zones Buddies
  + Whether you’re pairing off in your team or choosing someone outside of the moai, formalize a schedule when you folks can walk separately but still talk on the phone while walking. Or simply create an exercise schedule together that you’ll hold each other accountable for.
* Power 9 (social distancing version)
  + Refer to our edited version of the Power 9 [**here**](https://info.bluezonesproject.com/hawaii/email/covid-19-impact?hs_preview=RyfbsZGo-27143426323&ecid=&utm_campaign=Hawaii%20News&utm_source=hs_email&utm_medium=email&utm_content=2&_hsenc=p2ANqtz--Jrxgv2mSfOPEE_Dunwn7ja8J340TnLVbRXixVVGCLZw6j8ZMq6WuAL8Uq2IDy3HmR9U5la60MF_wDFZfUooFOajC899gJjH0egsBS6M92pwi3ToY&_hsmi=2). There are still many ways to practice the Power 9 when you’re at home with your family. Have fun with it!

Stay healthy friends,