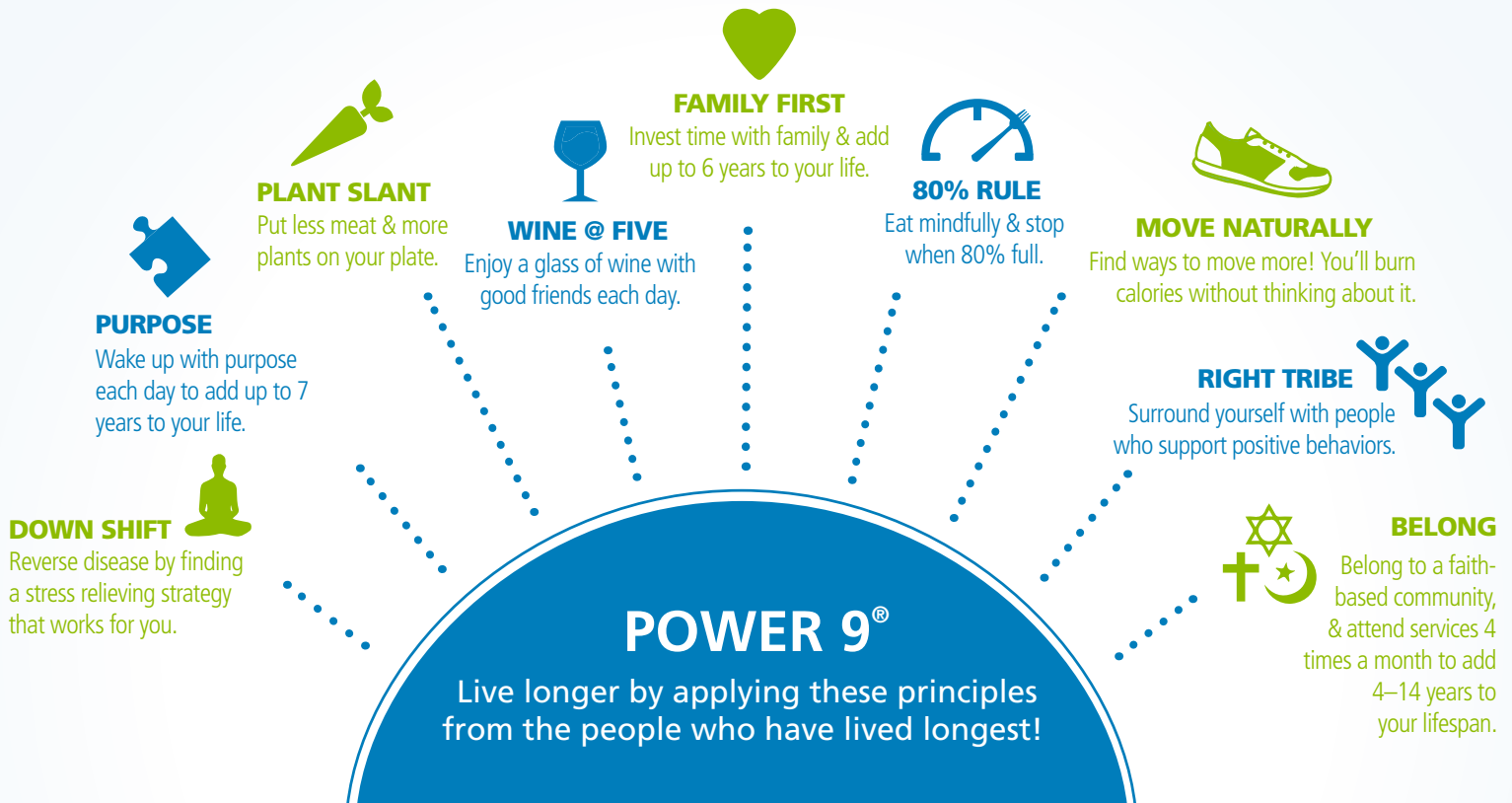


EXPERIENCE BLUE ZONES PROJECT[®]

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.

Blue Zones Project supports well-being improvement in each of these 7 areas.



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.



FAITH-BASED COMMUNITIES

Nurture your faith and your well-being.

JOIN THE MOVEMENT!

LIVE LONGER BETTER[®]

bluezonesproject.com



BLUE ZONES PROJECT[®]
by HEALTHWAYS

Brought to Hawaii by **HMSA**