#### **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.



## **PLANT SLANT**

Put less meat & more plants on your plate.

**PURPOSE** 

Wake up with purpose each day to add up to 7 years to your life.



Reverse disease by finding a stress relieving strategy that works for you.



#### **FAMILY FIRST**

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

#### **WINE @ FIVE**

Enjoy a glass of wine with good friends each day.



Eat mindfully & stop when 80% full.



#### **MOVE NATURALLY**

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





#### **BELONG**

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

## POWER 9®

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

#### 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!



bluezonesproject.com



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