

The Blue Zones: Lifestyle is the New Medicine

Today we are traveling to the Blue Zones; 5 corners of the world where people live better, longer, consistently living well into their 10th decade! As you discover the longevity secrets of Blue Zone centenarians think about and write down the lifestyle practices that you want to start strengthening to expand your vitality and longevity! Below are some questions underneath each practice to stimulate thought for your own goals and action steps (other side). Option: Check off the areas you already practice!

“POWER 9” Lifestyle Practices

#1. Move Naturally

- How can I add more movement to my day?

#2. Sense of Purpose

- What is my “why” or sense of purpose?
- What gets me up in the morning?

#3. Stress Resilience

- How do I manage stress to feel calm and peaceful?

#4. The 80% Rule

- Do I practice “Hara Hachi Bu?”
- Do I eat slowly and mindfully?

#5. Plant-Power

- Do my meals include a rainbow of colorful plant foods?

#6. Wine, Dine & Socialize

- If I choose to drink alcohol, do I enjoy a glass of red wine with meals when socializing?

#7 Spirituality

- Do I belong to a faith-based or other type of supportive community?

#8. Family First

- What efforts do I make to strengthen my relationships with family and friends?

#9. Socially Strong

- Does my social circle support healthy lifestyle practices

“POWER 9” Lifestyle Practices

Knowledge + Action = Power

Suggestion: Choose 1-3 goals and set action steps today.

Lifestyle choices that resonate with me and I will progressively focus on:

- 1.
- 2.
- 3.

Goal(s) and Action Steps

#1. I can _____
and will _____

#2. I can _____
and will _____

#3. I can _____
and will _____
