

BLUE ZONES PROJECT MENU

Please select at least five actions that you pledge to complete within the next six months.

- ADOPT A DOG AND MAKE A LIFETIME FRIEND**
People who have dogs are more active and often weigh less. And they're happier! But be prepared to care for this animal for its full lifetime. It has well-being needs, too.
- OWN A PAIR OF WALKING SHOES OR A BIKE AND USE THEM**
You can get more exercise by moving naturally throughout the day than going to a gym. Have a goal of 30 minutes of movement throughout each day.
- GROW A GARDEN AT MY HOME OR ADOPT A PLOT AT A COMMUNITY GARDEN**
Gardening sheds stress, provides regular exercise and yields vegetables that you'll like. Home-grown always tastes better!
- STOCK YOUR CUPBOARD WITH 10 INCH DINNER PLATES**
Smaller plates encourage smaller portions. You will eat 20% fewer calories than if you ate off of larger plates...and still feel full and satisfied.
- REMOVE TVS AND COMPUTERS FROM KITCHEN AND DINING AREAS**
Electronics in the kitchen can lead to mindless eating and unwanted calories. Spend the time with family or in mindful thought instead.
- PUT A BATHROOM SCALE IN PLAIN SIGHT AND WEIGH YOURSELF REGULARLY**
Research shows that people who weigh themselves daily weigh up to 15 lbs less than people who don't. Don't let those pounds sneak up on you!
- REMOVE ALL COMPUTERS AND ELECTRONICS FROM MY BEDROOM**
You are likely to get better sleep, feel better, and weigh less with fewer electronic distractions in your bedroom. Limit screen time before bed, and keep your bedroom cool while you sleep.
- HAVE A CONVERSATION ABOUT GETTING OLDER**
Being ready for end of life can bring families together, save money, and relieve stress in the future. Whether it's with your children, your parents, or your partner, visit mydirectives.com for help in this discussion.
- BELONG TO A FAITH-BASED COMMUNITY OR TRY A NEW ONE**
People who belong to and regularly attend a faith-based organization can live 4–14 years longer.
- POST THE BLUE ZONES FOOD GUIDELINES IN YOUR KITCHEN**
These guidelines have helped people around the world live to age 100 and they can help you, too. Posting in your kitchen is a helpful reminder. To find and print a copy, go to bluezonesproject.com

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