## BLUE ZONES LIFE
### MONTH 2

### 3 Big Wins This Month:

- Cancel cable.
- Adopt a dog.
- Explore a new religious or spiritual tradition if you’re not part of a faith-based community.
- Hang light blocking window shades in the bedroom.
- Continue the practice of hara hachi bu (stop eating when you are 80% full).
- Put some indoor plants in your home.
- Anxious, stressed, depressed? Seek treatment with a psychologist or other mental health professional, even a telemedicine provider.
- Enroll in Automatic Savings or Investment Plans.
- Make Sunday a Meal-plan, Meal-prep, and Meal-making day.
- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.

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### BLUE ZONES ACTIVITIES

#### FOUR ALWAYSS

| 100% whole grains: | Brown rice, farro, quinoa, bulgur, oatmeal, cornmeal. |
| Nuts: | A handful a day. |
| Beans: | A cup of beans per day. |
| Fruit & vegetables: | 5-10 servings per day. |

#### FOUR TO AVOID

| Sugar-sweetened beverages: | Empty calories. |
| Salty snacks: | Too much salt and preservatives. |
| Packaged Sweets: | Cookies, candies, donuts, and processed sweets. |
| Processed meats: | Linked to cancer and heart disease. |

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### Gratitude List:

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### Notes:

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“If your goal is greater health and happiness, the most important thing you can do is to curate a social network of healthy, happy friends who care about you.”

-Dan Buettner