“True happiness involves the pursuit of worthy goals; without dreams, without risks, only a trivial semblance of living can be achieved.”

- Dan Buettner

### Blue Zones Activities

- Continue to walk at least once weekly with your group or walking buddy.
- Continue to attend your groups.
- Continue the practice of hara hachi bu.
- Host a Blue Zones Potluck once this month.
- Try a new Blue Zones recipe once a week.
- Take a 30-minute nap in the afternoon.
- Eat a light, early dinner.
- Refill your countertop fruit bowl with seasonal fruits you love.

### FOUR ALWAYS

- **100% whole grains:** Brown rice, farro, quinoa, bulgar, 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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**3 Big Wins This Month:**

- Gratitude List:
- Notes: