**BLUE ZONES LIFE**  
**MONTH 7**

## 3 Big Wins This Month:

- Review and/or update your Purpose Statement.
- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.
- Try meditation, yoga, or tai-chi.
- Create a bedtime routine and stick to it.
- Spend at least 1 hour outside in nature.
- Volunteer for a cause about which you care deeply.

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### FOUR ALWAYS

- **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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- “I found that when you are depressed, that’s when you do something for somebody else.”  
  - Dan Buettner, *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*