“The mistake we make with health in the U.S. is that we pursue it; the reality is that health and longevity ensues from the right environment.”

-Dan Buettner

Blue Zones Activities

- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.
- Continue the practice of hara hachi bu (stop eating when you are 80% full).
- Try forest bathing.
- Place cushions on the floor in your living room or office. Sit on the floor instead of the couch or chair while watching television or working.
- Embrace your chores. Do yard work, cooking, and dishes by hand.
- Walk or bike to the market or to a friend’s house instead of driving.

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.

Gratitude List:

Notes: