

# BLUE ZONES LIFE

## MONTH 12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**3 Big Wins This Month:**

**Gratitude List:**

**Notes:**

### ✓ **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.

### 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.

“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