**Blue Zones Life**

**Month 8**

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**Life is short. Don’t run so fast you miss it.**

– Rafaella Monne, a 107-year-old from Sardinia

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**3 Big Wins This Month:**

- **Gratitude List:**

- **Notes:**

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### 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.

- No more than 1 hour of additional screen time each day.

- Limit your workweek to 40 hours per week.

- Plan out a future vacation (research confirms that taking a vacation could help you live longer).

- Make a plan to have lunch or coffee with a coworker.

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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.

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### 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.