

# BLUE ZONES LIFE

## MONTH 8

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.
- 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.

“Life is short. Don’t run so fast you miss it.”  
 -Rafaella Monne, a 107-year-old from Sardinia