BLUE ZONES LIFE
MONTH 9

“Purpose and love are essential ingredients in all Blue Zone recipes for longevity.”
-Dan Buettner, The Blue Zones: 9 Lessons for Living Longer From the People Who’ve Lived the Longest

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).
- Call, text, or email one friend or family member you haven't connected with recently.
- Write a thank-you note to a coworker, friend, family member, or neighbor.
- Host a Blue Zones Potluck once this month.
- Take the Purpose Checkup at bluezones.com.

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:

3 Big Wins This Month:

Notes: