

What if you could transform your health in 1 month? **You can.**

# Join the Blue Zones Challenge at Adventist Health

Recharge  
your body  
and mind

Reboot  
your healthy  
habits

Reconnect  
with friends  
and family



The Blue Zones are remarkable areas of the world where people live longer, healthier, happier lives. Think of the Blue Zones Challenge at Adventist Health as 28 days toward a better you—a chance to improve your overall health and well-being by tapping into the secrets of the Blue Zones, where people routinely live into their 90s and beyond. It's self-care designed just for you.

## In just 4 weeks, you can ...

- ✔ Set up your home, your social life, and your schedule so the healthy choice is always the easy choice.
- ✔ Discover the secrets of the world's happiest, healthiest, longest-lived people.
- ✔ Move more every day, eat smarter, socialize more, and live out your purpose—the keys to Blue Zones longevity.
- ✔ Build a social circle around yourself that encourages healthy eating, activity, and emotional well-being. Join with other co-workers for support and smiles!
- ✔ Enjoy the Blue Zones diet to feel better, gain more energy, sleep better, and even shed a few pounds. (The recipes are amazing!)

Scan  
for more



Four  
weeks

One  
challenge

A lifetime  
of benefits

Sign up today at  
[bluezones.com/ah-challenge](https://bluezones.com/ah-challenge)

The Blue Zones Challenge is free and available to all Adventist Health associates—a gift of good health for our whole community

Sign up with a co-worker now and receive a free copy of Dan Buettner's new book, *The Blue Zones Challenge* (available in December).

Adventist Health

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BLUE ZONES®