EXPERIENCE

BLUE ZONES PROJECT®

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

Be a part of transforming well-being so the healthy choices become easy choices for you and your community.

POWER 9®

Live longer by applying these principles from the people who have lived longest!

FAMILY FIRST
Invest time with family & add up to 6 years to your life.

PLANT SLANT
Put less meat & more plants on your plate.

WINE @ FIVE
Enjoy a glass of wine with good friends each day.

80% RULE
Eat mindfully & stop when 80% full.

MOVE NATURALLY
Find ways to move more! You'll burn calories without thinking about it.

PURPOSE
Wake up with purpose each day to add up to 7 years to your life.

RIGHT TRIBE
Surround yourself with people who support positive behaviors.

DOWN SHIFT
Reverse disease by finding a stress relieving strategy that works for you.

BELONG
Belong to a faith-based community, & attend services 4 times a month to add 4–14 years to your lifespan.

FEEL THE DIFFERENCE WHERE YOU LIVE, WORK, AND PLAY.

Blue Zones Project supports well-being improvement in each of these 7 areas.

CITIZENS
Take the personal pledge and make small changes that can have a big impact on your well-being for years to come.

WORKSITES
Improve the physical, emotional, and social well-being where you spend most of your time—work.

SCHOOLS
Teach kids healthier habits they can carry with them for a lifetime.

RESTAURANTS
Experience a better dining environment with healthier menu choices.

GROCERY STORES
Shop where healthy foods are easy to find.

COMMUNITY POLICY
Use city design, policies, and social networks to create an environment to support healthy choices.

FAITH-BASED COMMUNITIES
Nurture your faith and your well-being.

JOIN THE MOVEMENT!

LIVE LONGER BETTER®

bluezonesproject.com

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Blue Zones® **Food List**

Select from the Top 50 Blue Zones Foods to create healthy, delicious meals inspired by Blue Zones centenarians.

Ikaria, Greece

- Greens (all varieties)
- Lemons
- Eggplant
- Potato
- Mediterranean Herbs
- Chickpeas
- Black-Eyed Peas
- Olive Oil
- Honey
- Coffee

Sardinia, Italy

- Tomatoes
- Artichokes
- Fennel
- Onions
- Almonds
- Barley
- Durum Semolina
- Pecorino Cheese
- Goat's Milk
- Wine

Nicoya Peninsula, Costa Rica

- Papaya
- Bananas
- Mango
- Winter Squash
- Summer Squash
- Cabbage
- Yams
- Corn
- Black Beans
- Limes

Okinawa, Japan

- Shitake Mushrooms
- Sweet Potatoes
- Green Onions
- Garlic
- Bitter Melon
- Seaweed
- Tofu
- Brown Rice
- Turmeric
- Green and Black Tea

Loma Linda, California

- Beans
- Bell Peppers
- Broccoli
- Berries
- Avocado
- Nuts
- Oats
- Whole Grains
- Seitan
- Tempeh

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BLUE ZONES PROJECT®

10 Blue Zones Food Guidelines

We reviewed more than 150 dietary surveys of the world's longest-lived people to distill the average longevity diet. These 10 simple guidelines reflect how the world's longest-lived people ate for most of their lives. By adopting some of the healthy eating principles into your daily life, you too can live longer, better.

95/5 RULE. Eat Plants. 95 percent of your food should be fruits, vegetables, grains, greens, and beans. Use olive oil to sauté and spices to flavor vegetables. Feel free to eat a cup (cooked) of whole grains daily.

LIMIT MEAT. Think of meat as a celebratory food. Portions should be no larger than a deck of cards, once or twice a week. Avoid processed meats such as hot dogs, bacon, and sausages.

FISH IS FINE. Enjoy fish up to three times a week. Wild-caught salmon or smaller fish like sardines, trout, snapper, cod, and anchovies are okay choices. Limit portion sizes to 3 ounces (about the size of the palm of your hand).

DIMINISH DAIRY. Avoid dairy when possible. If cheese is a must, try ice-cube size portions of sheep (pecorino) or goat (feta) cheese to flavor foods. If you eat eggs, limit intake to three times a week.

DAILY DOSE OF BEANS. Eat a cup of beans daily spread out across breakfast, lunch, and dinner. All beans count, including tofu. They contain high quality protein and fiber. If you buy canned beans, avoid added salt, sugar, and chemicals.

SLASH SUGAR. Consume only 28 grams (7 teaspoons) of added sugar daily. Reserve cookies, cakes, and candies for special occasions. Read labels and avoid foods with more than 8 grams of sugar. Make honey your go-to sweetener.

SNACK ON NUTS. Eat a handful of nuts daily: almonds, pistachios, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, Brazil nuts, and peanuts. Try different nuts so you don't tire of them. Avoid sugar-coated nuts.

SOUR ON BREAD. Eat only 100% whole grain breads or authentic sourdough bread made from live cultures. Limit bread to two slices daily. Choose whole grain or corn tortillas over flour tortillas. Avoid white breads and wraps.

GO WHOLLY WHOLE. Try to eat only whole foods or processed foods with fewer than five ingredients: If it's manufactured in a plant, avoid it. If it comes from a plant, eat it.

DRINK MOSTLY WATER. Drink six glasses of water daily. Feel free to drink unsweetened teas and coffee. Enjoy Wine @ Five with friends or with Blue Zones inspired meals. Avoid all sugar-sweetened and diet sodas.

Worksite Pledge

The Blue Zones Project Worksite Pledge promotes evidence-based actions and lifestyle principles to create a healthier work environment for employees. Healthy, productive employees come from healthy communities. Therefore, the actions listed below are designed to create a work atmosphere that inspires, encourages, and promotes well-being, not only in the workplace, but also in the communities in which your employees live.

Achieving Blue Zones Project Approved Status

- ❑ Earn at least 78 out of 117 possible points by implementing best practices.
- ❑ At least 25 percent of employees participate in a Blue Zone Project activity.
- ❑ Complete the RealAge® Test and track at least three metrics and/or outcomes.
- ❑ Create a sustainability plan.

Worksite Best Practices

Physical Environment

- ❑ Complete the Ergonomic Checklist for at least 50 percent of employees.
- ❑ Ensure that at least 25 percent of meeting rooms, work- stations, and/or private office furniture provide flexibility to choose to stand or sit while working.
- ❑ Implement and support ongoing micro-breaks every hour, prompted either by software or other workplace cues.
- ❑ Designate a space in the office where employees can downshift.
- ❑ Adopt a policy that provides space and time for breastfeeding and/or pumping during work hours.
- ❑ Provide secure bicycle storage.
- ❑ Provide showers and/or changing facilities with lockers to employees.
- ❑ Create an employee garden.
- ❑ Offer a community supported agriculture (CSA) or farmers market at the worksite.
- ❑ Establish a campus-wide tobacco-free worksite (includes E-cigarettes).
- ❑ Create Blue Zones Project parking spaces farthest away from the workplace entrance(s).
- ❑ Provide walking and/or biking workstations.
- ❑ Create a policy that ensures at least 50 percent of food and beverage offered in vending machines meet the Blue Zones Vending Guidelines.
- ❑ Create a policy that ensures at least 50 percent of food and beverage offered in the worksite meet the Blue Zones Food Guidelines (includes cafeteria, catering, etc.).
- ❑ Provide opportunities for employees to wear casual or workout wear at work.

Benefits / Well-Being Programs

- ❑ Offer benefits designed to promote prevention (e.g., flu shots, immunizations, and preventive screenings that are 100 percent covered).
- ❑ Allow flexible work schedules for employees.
- ❑ Offer a paid-time-off policy that encourages and supports employees to take time off.
- ❑ Provide on-site/available biometric screening for employees.
- ❑ Offer Employee Assistance Programs (EAP).
- ❑ Offer a 24/7 nurse line and decision-support service.
- ❑ Offer weight-management and/or nutrition coaching.
- ❑ Offer tobacco-cessation coaching and Nicotine Replacement Therapy (NRT).
- ❑ Offer chronic-condition management with coaching.
- ❑ Offer financial well-being tools.
- ❑ Provide self-monitoring equipment (examples include blood pressure, glucose testing, etc.).

Leadership

- ❑ Create a pervasive brand for your health-and-well-being program.
- ❑ Organize or promote a workshop that supports leaders in connecting with their personal well-being and influencing a well-being culture in the organization.
- ❑ Communicate updates on Blue Zones Project participation levels, positive experiences and outcomes, testimonials, and aggregate company well-being metrics to all employees on a consistent basis.

Social Networks

- ❑ Offer workplace mentoring.
- ❑ Implement onsite activities and/or social gatherings.
- ❑ Organize employee social gatherings that encourage families and friends to participate, such as a family fun event.
- ❑ Implement and support an employee-led well-being advisory committee (meets regularly, at least four times a year).
- ❑ Develop and implement a Blue Zones Project engagement plan with a marketing/communication strategy.
- ❑ Provide communication opportunities for employees to connect and share information with each other.

Purpose

- ❑ Offer ongoing opportunities for all employees to complete a personality assessment, such as Myers-Briggs, Ntrinsx Coaching Colors, StrengthsFinder, etc.
- ❑ Prominently display the organization's vision, mission, and values in a public place, include it in the employee handbook, and communicate it to employees at least once a year.
- ❑ Provide opportunities for employees to connect and give to charitable institutions.
- ❑ Offer ongoing onsite developmental workshops, seminars, and/or lunch-and-learns to all employees.
- ❑ Create a tuition-reimbursement and/or professional-training-and-development policy.

Work Community

- ❑ Create a global-service-day policy.
- ❑ Adopt a policy and/or program that supports employee volunteer activities.
- ❑ Provide ongoing corporate citizenship or corporate social responsibility programs and opportunities for employees to connect to their community.
- ❑ Contact at least 50 percent of independently or locally owned restaurants within three miles of the worksite and encourage them to take the Blue Zones Project Restaurant Pledge.
- ❑ Offer walking routes with signage and maps to help people find safe places to walk, and provide information on accessibility for those with mobility or other limitations. Include number of steps/distance markers of each route.
- ❑ Create an incentive plan or implement a commuter benefits program that encourages employees to commute to work via walking, biking, carpooling, or public transit.

Get Up Offa That Thing

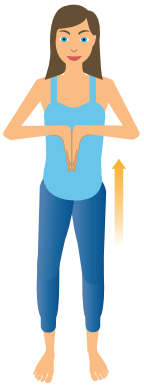
DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1 Livin' On A Prayer

Palms together, fingers pointing up, push hands down.

10 seconds



2 Like A Prayer

Palms together, fingers pointing down, pull hands up.

10 seconds

3 Can't Touch This

Hands together, fingers interlaced, extend arms with palms reaching forward.

10–20 seconds

4 Thriller

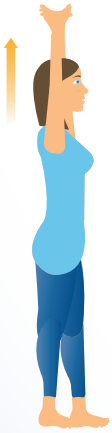
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.

10–12 seconds/side

5 Pump It Up

Arms above head, grab ahold of opposite elbows, lean side to side.

8–10 seconds/side



6 Straight Up

Fingers interlaced, pull arms over head with palms reaching up.

10–15 seconds

7 I'm Your Boogie Man

Arms at sides, roll shoulders up and back.

3–5 seconds, 3 times

8 Get Back

Sit down, place hands on lower back for support, lean back.

10-15 seconds

9 The Twist

Cross one leg over another, take opposite arm to knee, twist towards open side.

8–10 seconds/side

10 Shake, Rattle & Roll

Arms at sides, shake hands out.

8–10 seconds

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INSTANT POT *recipe*

MINESTRONE

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Instant Pot Minestrone Soup

From the kitchen of:
Blue Zones Project®
Serves: 8
Cooking time: Under 30 minutes

Ingredients:

2 Tbsp olive oil
1 small onion diced
3 cloves garlic minced
1 small celery stalk/head diced
1 carrot diced
1 zucchini diced
1 15 oz. can kidney beans drained
1 15 oz. can cannellini beans drained
1 32 oz. can whole Italian tomatoes
3 Tbsp tomato paste
32 oz. veggie broth
2 tsp dried basil
1 tsp dried oregano
1 tsp dried thyme
1 bay leaf
1/2 cup whole grain past shells
Salt and pepper to taste
Finely chopped fresh parsley garnish

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Directions:

1. Select SAUTE, high temperature on your Instant Pot. Heat olive oil (2 min.), then add onions and garlic, saute about 3 min. until fragrant. Add carrots, celery, dried herbs + bay leaf, and tomato paste. Saute until soft, then add canned tomatoes (including water), using kitchen shears to cut the whole tomatoes into bite-sized pieces. Add pasta, zucchini, and vegetable broth.

2. Press CANCEL, then close and seal your lid. Select PRESSURE COOK, high temperature, 8 minutes. Total cooking time is more than 8 minutes as the device preheats ahead of 8 minutes under pressure. Ensure no steam is escaping from the lid's release valve.

3. When your Instant Pot beeps pau, carefully push the pressure release button to expel the steam within. Wait until fully depressurized, then carefully open the lid keeping its edge closet to you down so steam escapes away from your face. Incorporate ~2 cups of chopped spinach (optional) and salt + pepper to taste.

Garnish with shaved or grated Pecorino Romano cheese and fresh parsley. Serve with warm sourdough bread for a complete meal.

Find more recipes at hawaii.bluezonesproject.com **www.facebook.com/bzpmmmm/** **@bzpmmmm**