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.

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

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

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

**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.

**RIGHT TRIBE**
Surround yourself with people who support positive behaviors.

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

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

**POWER 9®**
Live longer by applying these principles from the people who have lived longest!

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

**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.

JOIN THE MOVEMENT!
LIVE LONGER BETTER™
bluezonesproject.com

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