

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.



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

Seek a meaningful connection with something bigger than yourself



PLANT SLANT

Put less meat & more plants on your plate.



WINE @ FIVE

Enjoy a glass of wine with good friends each day.



PURPOSE

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



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!