



The Blue Zones Solution

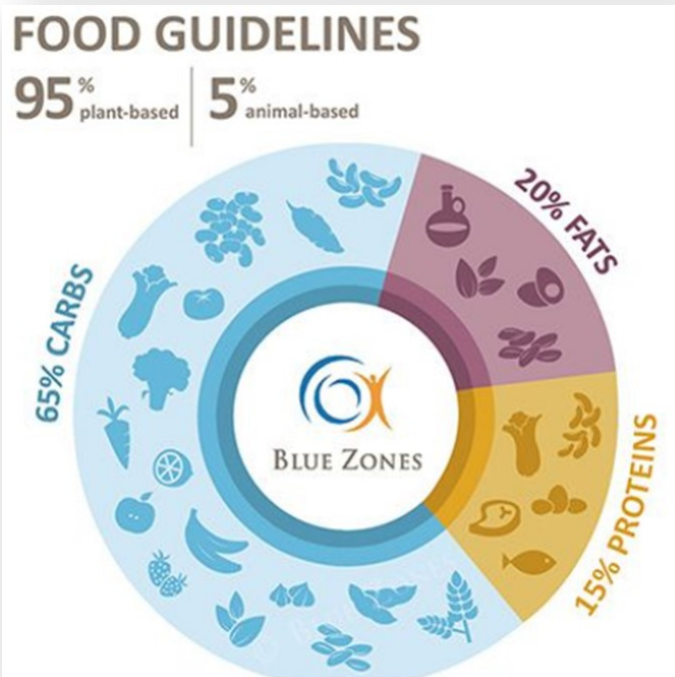
Eating and Living Like the World's Healthiest People

Discovering the Blue Zones:

National Geographic identified hot spots of longevity throughout the world (Ikaria Greece, Okinawa Japan, Ogliastra Region Sardinia, Loma Linda California and Nicoya Peninsula, Costa Rica).



After assessing the longest lived populations in the world they found similar practices that work. The common denominators included what they call the power nine: Move Naturally, Right Outlook (Purpose and Downshift), Eat Wisely (80% rule, Plant Slant, Wine @ 5 and Belong (Family First, Belong, Right Tribe).



Food Choices for Longevity:

- 95 % Plant Based / 5% Animal Based
- Carbohydrates: More beans, greens, vegetables, fruits, nuts and whole grains. Less potatoes, sweets, chips and soda.
- Fats: More olive oil and nuts. Less meat and no trans fat.
- Protein: More beans, tofu and greens. Less



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

It is not all or nothing, you have a spectrum of choices. Choose healthy living!