

BLUE ZONES PERSONAL PLEDGE

The world's longest-lived people live in surroundings that make healthy choices easier. This four-step pledge will help you learn the wisdom of the people who live the longest. Measure your own longevity and then take action to help you set up your surroundings for better health and well-being. This program is free. We only ask that you take it seriously.

So what is in it for you? Take this pledge and together we will help you achieve the following:

- ▶ You will live a longer, better life.
- ▶ You will begin to have more energy, feel stronger, and become healthier.
- ▶ You will meet new people and nurture supportive friendships.
- ▶ You will discover your purpose and put it to work.
- ▶ You will be the change that makes your community a better place to live.



Take Action

1

Learn

Visit bluezonesproject.com or, better yet, read the best-selling book *Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. We recommend reading *The Blue Zones Solution* as well.

2

Measure

The three-minute online Vitality Compass® will estimate how long you'll live and give you customized tips to live longer. To estimate how long you'll live and tips for living longer, visit bluezonesproject.com and click the arrow on the right to access the Vitality Compass.

3

Participate

Completing the personal pledge means committing to all four steps (Learn, Measure, Participate, Complete the Checklist) and showing up to participate in at least one activity in the next six months.

- **Join a Blue Zones Project® Moai®.** A moai (mow-eye) is a special social group that commits to meet for ten weeks to walk, potluck, or discover your purpose together. Moais can help you create new friendships with people who support healthy behaviors.
- **Attend a Purpose Workshop.** People who know their purpose live up to seven years longer.
- **Volunteer with Blue Zones Project or another organization in your community.** Volunteers tend to be happier and healthier and lead a more purposeful life.
- **Join the Blue Zones Project Action Force.** We will invite you to help support food, active living, and tobacco policies that will help make healthy choices easier in your community.

4

Complete the Checklist

The personal checklist on the next page offers choices to modify your personal surroundings so you're more likely to be healthier and happier.

Questions? Visit go.bluezonesproject.com/contact to send us a message.

BLUE ZONES PERSONAL CHECKLIST

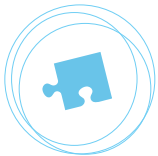


Please select at least five actions that you pledge to complete within the next six months.



- ☐ **Keep a comfortable pair of walking shoes or a bike in plain sight**

Why? They provide a nudge to move naturally daily.



- ☐ **Adopt a dog**

Why? People who own dogs are more active and weigh less.



- ☐ **Attend a Blue Zones Project Purpose Workshop**

Why? A purpose workshop helps you define your purpose. People who know their purpose live up to 7 years longer.



- ☐ **Remove all computers and electronics from my bedroom**

Why? You are likely to get better sleep, feel better, and weigh less with fewer electronic distractions in your bedroom. Limit screen time before bed, and keep your bedroom cool while you sleep.



- ☐ **Designate a space in my home for quiet time, meditation, or prayer**

Why? The longest living people have daily routines to shed stress, a major contributor to inflammation and disease.



- ☐ **Stock my cupboard with 10-inch dinner plates**

Why? You will mindlessly eat 20% fewer calories than if you ate off of larger plates.



- ☐ **Remove TVs and computers from the kitchen and dining areas**

Why? They lead to mindless eating and consuming needless calories.



- ☐ **Own a bathroom scale, put it in plain sight, and weigh myself regularly**

Why? Research shows that people who weigh themselves regularly are more successful at maintaining a healthy weight.



- ☐ **Attend a plant-based cooking class**

Why? Knowing how to cook plant-based dishes that you enjoy increases the nutritional quality of your meals.



- ☐ **Grow a garden at my home or adopt a plot at a community garden**

Why? Gardeners experience less stress and regularly eat more fruits and vegetables.



- ☐ **Schedule a weekly happy hour with friends**

Why? Happy hour with small amounts of red wine can shed the day's stress if you have a healthy relationship with alcohol.



- ☐ **Have a conversation about getting older**

Why? Being ready for end of life can bring families together, save money, and relieve stress in the future. Visit mydirectives.com for help with this discussion.



- ☐ **Actively participate in a faith-based organization or try a new one**

Why? People who belong to and regularly attend a faith-based organization can live 4-14 years longer.