



## What is a Walking Moai?

Walking Moais are groups of 5 to 8 people who walk together at least once a week for 10 weeks to interesting destinations throughout the community. Walking Moais are a great way to meet new friends and stay healthy. Moai®, a term originating from Okinawa, Japan, means coming together for a common purpose. Moais have helped create strong, healthy social networks for thousands of years, and Blue Zones Project® is replicating these networks by forming Moais centered on healthy habits.

Walking as a Moai is primarily a social activity with exercise as a secondary focus. Social networks have a long-term, proven impact on well-being while exercise programs don't (for most people).

## Ready to Get Moving? Here's How:

- Recruit 5 to 8 people and identify a Team Leader.
- Set a time and place to meet and walk at least 30 minutes once a week for ten weeks.
- The Team Leader should contact and support members of the group who miss weekly walks.
- Engage in conversation. Moais are an opportunity to get to know others in the group and build stronger social connections. Team Leaders can suggest topics to spark the conversation.
- Share your pictures and experiences on social media. Be sure to tag @BZPFortWorth.
- At the end of ten weeks, celebrate your success.
- The fun doesn't have to end. Continue meeting, walking, and improving your well-being with your Moai. Consider inviting new members to join the group or encourage others to start their own Moai.

## Suggested Walking Moai Routes:

- Blue Zones Project Approved™ restaurants and grocery stores
- Designated walking paths
- Historical and local landmarks
- Parks and recreation centers
- Libraries or museums

**Questions?** Contact [BlueZonesProject@TexasHealth.org](mailto:BlueZonesProject@TexasHealth.org)