

**Jennifer Khosla**

Guest columnist

Downshifting with the Power 9 to live a balanced life

The Blue Zones Project Power 9 are the nine principles for living your best, most-balanced life. They are: move naturally, purpose, downshift, 80% rule, wine at five, belong, family first, right tribe, and plant slant. A healthy balance of all nine of these helps individuals live their healthiest life.

Everyone experiences stress at various points in life, even those living in a Blue Zone. Over time, stress can cause chronic inflammation and can lead to disease. It's crucial to take steps to decrease stress and to find balance in life.

Everyone de-stresses differently, and it's important to find something that works best for you. Some of my favorite ways to de-stress are yoga, beach walks, spending time on the water paddle boarding and being with my family.

Often times I find that disconnecting from technology, unplugging from my daily routine and finding some solitude helps me to de-stress. In today's society, it's easy to get caught up in technology, social media and trying to keep up with each other. In order to function at our highest, and keep our stress levels down and our bodies free from disease, we must practice the Power 9 of downshift.

As the founder and CEO of Lean and Green Body®, it's important for me to practice what I teach my clients daily. It can be easy to get caught up with our daily life, our goals and our responsibilities, and not take enough down time for ourselves. We cannot give to others, care for others or work with others if we don't first take care of ourselves.

As a female entrepreneur, I struggle with this from time to time. I naturally

See KHOSLA, Page 9D