

# BLUE ZONES RESOLUTION

2022

Creating healthier habits may seem challenging, but Blue Zones Project Southwest Florida is here to help YOU. Set a Blue Zones Resolution for 2022 and add more "good years" to your life. Practicing positive habits can be easier when you take small steps every day. Here are a few suggestions to help you create a daily routine to live longer, better.

Start by getting a better picture of your current health by taking the RealAge Survey at **bzpsouthwestflorida.sharecare.com.** It's okay if you have taken the survey in the past, chances are it's been a while. Re-taking the survey throughout the year will help you monitor your progress and see how you're improving!

Here are a few suggestions to help you live out the Blue Zones Power 9 lifestyle principles. Choose one or two from each category. Remember, small steps can create big change.

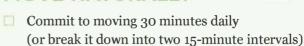
Post this flyer so you see it every day. Commit now to live longer, better!

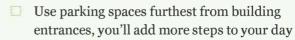
#movenaturally #rightoutlook #eatwisely #connect

SPONSORED BY:



#### **MOVE NATURALLY**





Find a partner to exercise with you; or join a Blue Zones Project Walking Moai

## 0

#### **RIGHT OUTLOOK**

- ☐ Set a time each day to sit for 5-15 minutes in silence to downshift and shed your stress
- ☐ Try yoga, meditation or find your own way to relax and unwind
- ☐ Discover your purpose by participating in a Blue Zones Project Purpose Workshop

### 6

#### **EAT WISELY**

- ☐ Add more fruits and vegetables to your plate, strive for 5 servings daily
- ☐ Add a small handful of nuts to your daily diet
- ☐ Designate one day per week to try a plantbased menu option
- ☐ Take a Blue Zones Project in-person cooking class or watch one virtually



#### SOCIAL CONNECTIONS

- ☐ Commit to connecting with friends or family members once per week
- ☐ Get involved with a faith-based organization and participate regularly
- ☐ Give back to the community by actively volunteering
- ☐ Prioritize positive relationships in your life and nurture them