



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

- ☐ Commit to moving 30 minutes daily (or break it down into two 15-minute intervals)
- ☐ Use parking spaces furthest from building entrances, you'll add more steps to your day
- ☐ Find a partner to exercise with you; or join a Blue Zones Project Walking Moai



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



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 plant-based 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