

# RESET & RISE COMMUNITY RESOURCE

## Key Principles of Blue Zones

- **Move Naturally**
  - Blue Zone inhabitants engage in regular low-intensity physical activity throughout the day, such as walking, gardening, and doing housework.
  - Aim for approximately 10,000 steps a day.
- **Purpose**
  - Having a clear sense of purpose adds up to seven years of extra life expectancy.
- **Downshift**
  - Stress-relieving rituals are built into daily routines in Blue Zone areas.
  - For example, Adventists pray, Ikarians take naps, and Sardinians enjoy a daily happy hour.
- **80% Rule**
  - People in Blue Zones stop eating when their stomachs are 80% full.
  - The Japanese saying "Hara Hachi bu" reminds them to eat until they are 80% full.
- **Plant Slant**
  - Centenarians in Blue Zones consume predominantly plant-based diets, avoiding processed foods, soda, and excessive meat.
  - Beans, vegetables, fruits, and whole grains are staples, with meat eaten sparingly, typically about four times a month.
- **Coffee and Other Beverages**
  - Coffee is a daily ritual in Blue Zone areas, usually consumed lightly sweetened without cream.
  - Water, tea, and wine are also common beverages among centenarians.



## Key **Principles** of Blue Zones

- **Snack on Nuts**
  - Eating two handfuls of nuts per day is a common practice in Blue Zones.
  - Various types of nuts offer health benefits, including almonds, peanuts, Brazil nuts, cashews, and walnuts.
- **Wine @ 5**
  - Moderate and regular wine consumption, often with friends or during meals, is part of Blue Zone lifestyles.
  - It's essential to choose cleaner wine options.
- **Belong**
  - Being part of a faith-based community can add 4 to 14 years to life expectancy, and many Blue Zone regions have strong faith-based communities.
- **Loved Ones First**
  - Close and strong family connections, including spouses, parents, grandparents, and grandchildren, are common among Blue Zone centenarians.
- **Right Tribe**
  - Longest-lived people in the world maintain close friendships and strong social networks.

Note: These principles are adapted from the research of Dan Buettner, who identified and studied Blue Zones.

