

Join the Movement

Blue Zones Project

FOR HEALTHIER COMMUNITIES



Blue Zones Power 9



Move Naturally

1. Make daily physical activity an unavoidable part of your environment

Right Outlook

2. Know your purpose
3. Downshift: work less, slow down, take vacations

Eat Wisely

4. Eat until 80% full
5. More veggies, less meat & processed food
6. Drink a glass of red wine each day

Belong

7. Create a healthy social network
8. Connect/reconnect with religion
9. Prioritize family

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Where We Focus

LIFE RADIUS

INDIVIDUAL



PLEDGE



MOAI



PURPOSE/
VOLUNTEERING

PLACES



STORES



SCHOOL



WORKPLACE



FAITH



RESTAURANT



5 MILES



How Does This Translate to Oregon?



What We Offer

- Best practices for worksites, i.e. the Worksite Pledge
- Access to measurement tools such as the Vitality Compass and Well-Being 5 to track progress
- Checklists and food guides for employees to take home to improve their home environment
- A library of materials to promote and encourage staff in their progress
- Personalized, hands-on planning and implementation support for schools and districts
- Student-focused tools and resources as well!

Let's talk!

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