

Be Better,  
Live Longer



# Be Better, Live Longer and the Blue Zones™ Project



# Where it all began

- Dan Buettner and his quest to find hot spots of longevity
- High concentrations of 100-year-olds without age related diseases
- Five place identified
- Power 9



# The Moda version of Blue Zones™



# Be Better, Live Longer

This program can be used in conjunction with a Moda health coach or an independent goal setting program.

Make the pledge...

- Natural movement
- Mindful eating
- Recharge
- Find your passion
- Surround yourself with people



# Natural movement

You don't have to have a gym membership to add movement to your life.



# Mindful eating

Identify the difference between your body's need for food and your mind's need to fill other emotions.



# Recharge



Relaxation, even for a moment, helps recharge your mind and body.





# Find your passion



Identify your gifts and passions.



# Surround yourself with people

1. Family – investing in time with your family can add years to your life, and theirs.
2. Friends – surround yourself with people who support you and are like-minded in life values and goals.
3. Social groups – a group of friends, support and belonging are good for your soul.



# The next 6 weeks

The next 6 weeks belong to you!

Set your own goals or expand and continue on any of the previous goals.

Evaluate your progress.



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