

The Power 9[®]

The Power 9 are a strong foundation for Blue Zones living that you can apply to your life. No matter where you are today, small habits can have a profound effect on how long and how well you live your life.



1 Move naturally

Those who live in the Blue Zones make movement a natural part of their lives. Add a little more to your day by taking the stairs, standing for periods of time while you work, or walking while on the phone.



2 Down shift

Worry and tough emotions lead to inflammation—something linked to every major age-related disease. Make stress management a priority and explore ways to de-stress every day like meditation or yoga.



3 Plant slant

Think fruits, veggies, whole grains, and beans. The more colorful the produce in your life, the better.



4 Belonging

Taking part in spiritual-based services may add years to your life. Denomination doesn't seem to matter, find a community that aligns with your beliefs.



5 Right tribe

The world's longest-lived people have social circles that support healthy behaviors. Spend more time with the people who support the healthy habits you want for your life.



6 Purpose

Discover your why—what makes you ready to get up and go in the morning? What gives you joy? That's your purpose.



7 80% rule

Hara Hachi Bu is an ancient Japanese mantra said before meals in Okinawa, Japan. It's a reminder to stop eating when your stomach is 80% full.



8 Wine @ 5

Having a healthy relationship with alcohol, enjoying a daily glass of wine with friends or food for example, may have health benefits. The key lies in consistency and moderation.



9 Loved ones first

Having strong close family connections—with spouses, parents, grandparents, and grandchildren—is a cornerstone of Blue Zones living.