

# Blue Zones Project Sioux City: What can YOU do?

## Know the “Power 9”

1. **Move Naturally**- Be active without having to think about it
2. **Know Your Purpose**- People who know why they wake up in the morning live up to 7 years longer than those who do not.
3. **Down Shift**- Find time each day to pray, nap, meditate, or enjoy happy hour.
4. **80% Rule**- Stop eating when you feel 80% full.
5. **Plant Slant**- Eat a mostly plant-based diet.
6. **Wine @ 5**- Healthy, moderate relationship with alcohol—especially wine.
7. **Family First**- Invest time with kids, parents, and nurture a healthy monogamous relationship.
8. **Belong**- Recommit, reconnect, or explore a new faith-based community. No matter the faith, those involved at least 4 times a month live as much as 14 years longer.
9. **Right Tribe**- Expand your social circle to include healthy-minded, supportive people.

## Four Main Categories



## Sample Plans

### Bike/Walk/Livability

Redesign communities for people. Inter-connected bike paths, sidewalks, and green spaces encourage natural calorie burning movement.

### Blue Zones Employers

Healthier and happier employees are more productive and healthcare costs subsequently decrease.

### Food Gardens

Hamburgers and French fries don't grow in gardens but carrots, cucumbers, tomatoes, and spinach do. Community gardens are a great way for people to exercise, eat healthier, and gather in a community setting.

### Walking Moai (moh-eye) Teams

Walking groups of up to 10 people that meet at least once a week allow people to develop a sense of community and friendship while getting exercise.

## Sample Plans Continued

### **National Night Out**

Interaction within one's own neighborhood with law enforcement bolsters relationships, trust, and a sense of safety in the community. People who feel safe in their neighborhood are more likely to get out and be active.

### **Plant-Based Cooking Classes**

Teaching healthy and flavorful ways for people to cook and prepare plant-based meals in an active, fun, and community-building atmosphere encourages use of home/community gardens and healthy diet.

### **Policy Change**

Municipal governments play a highly influential role in the way people behave and interact within their communities. Zoning changes might allow for greater natural movement, smoking policies decrease exposure to second-hand smoke, while littering policies and removal inspire a sense of mutual respect for property.

### **Purpose Workshops**

Workshops allow individuals to discover innate gifts, talents, and strengths better enabling them to feel a sense of purpose.

### **Restaurants**

Healthy costumers are those who will return for years longer than those who are unhealthy supporting a growing bottom line and shrinking waist line.

### **Volunteering**

What better way to explore your talents and skills than volunteering? Volunteering is a positive influence for the community and a rewarding experience for the volunteer. Join a group, get out, help out, and be active with friends and family.

### **Walking School Bus**

Provide a way for kids to get exercise before and after school. Those who walk to school typically have a higher grade point average than those who do not. Physical activity also gives children a chance to wake up before class and increase endorphins—natural feel-good chemicals. Happy children before 8:30 am? Now there's a concept!