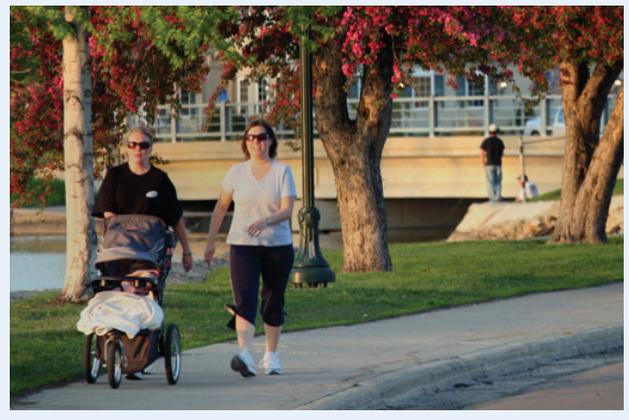


# BLUE ZONES POWER 9

## MOVE NATURALLY

### MAKE TIME TO MOVE!

To be a longevity super-star, you don't have to run marathons or compete in ultra-endurance events. In fact, Blue Zones® researchers discovered that many of the world's oldest and healthiest people engage in low-intensity activities on a daily basis. Shepherds in Sardinia hike many miles a day for most of their lives, while Okinawans garden for hours every day to grow food for their tables. Adventists in Loma Linda, California – another Blue Zones area – take long walks. The key is to engage in low-intensity activity most days of the week. **Residents living in the original Blue Zones areas share common principles called Power 9®—these are healthy lifestyle habits that help them live longer, healthier, happier lives. Moving naturally is one of them.**



### MOVE NATURALLY - YOUR PRESCRIPTION TO GOOD HEALTH

You don't have to run out and buy a gym membership to be more active. Instead, build activities that you like to do into your lifestyle, whether it's riding your bike, chasing your kids, walking the dog, swimming, or anything else you enjoy.

Remember when you were a kid constantly on the go? You didn't have to think about it – you just moved for the sheer fun of it! Movement was part of everyday play, whether it was climbing trees, swimming at the beach, jumping in puddles, or just plain running to feel the wind on your face. Find what you enjoy and do it! If you like an activity, you're much more likely to keep it up, well into your golden years.

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## Test Your Movement IQ

You can enjoy the same health benefits from three 10-minute physical activity sessions as you can from one 30-minute session.

**a. True**      **b. False**

The correct answer is: **a. True.** Studies show that three 10-minute sessions of physical activity are just as beneficial as one 30-minute session. If time is tight, split your activity into at least three 10-minute sessions throughout the day. You will enjoy the same health benefits without the stress of trying to find one large block of time. Get into the habit of being active for 30 minutes (60 minutes is ideal) a day for at least five days per week.

## Q & A: Ask the Expert

**Q: What activities should I engage in to stay active and healthy?**

**A:** Health experts tell us that engaging in a combination of four types of exercise will keep our bodies healthy and strong. Endurance activities like walking, running, hiking, biking, or swimming will keep the heart healthy. Strength training activities, such as lifting weights, help to build and maintain strong muscles. Maintain flexibility by adding stretching movements to your daily activities to keep your body nimble and limber as you age. Avoid falls by incorporating activities that require balance, such as yoga. By adding endurance, strength, flexibility, and balance movements into your active lifestyle, you will feel better, longer.

## TOP 5 WAYS TO GET MOVING WITHOUT THINKING ABOUT IT.

- 1 Move – For the Fun of It!** Make a list of activities that you enjoy. Instead of thinking of it as exercise, focus on making your lifestyle more active. Ride your bike instead of driving. Walk to the store. At work, take the stairs rather than the elevator, park at the far end of the parking lot, and go for walking breaks. Build activity into your lifestyle by doing what you enjoy.
- 2 Inconvenience Yourself.** Small things, like getting up to change the TV channel or taking the stairs, can add up to a more active lifestyle. So hide the remote, put away the power mower, and get out your walking shoes!
- 3 Are You Ready Feet? Start Walking.** Walking is easy to do and free to anyone! All you need is a comfortable pair of shoes, and you can go almost anywhere. Walking invites company and it can relieve stress after a hard day. Plus, it's good for your ticker if you walk quickly enough to get your heart pumping.
- 4 Strengthen Your Social Connections.** Getting active is more fun when you have company. Establish a regular time to walk with your "moai" – a group of lifelong friends – and build social connections while you take steps to improve your health.
- 5 Grow a Garden.** Gardening is a great way to be physically active every day, while reducing stress. It involves a wide range of movements that may improve flexibility, strength, endurance, and balance. Plus, you reap the benefits of having plenty of fresh veggies!

Learn more about Power 9® Principles at [bluezonesproject.com](http://bluezonesproject.com)

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