

Blue Zones-ish Challenge

If you aren't familiar with Blue Zones - Dan Buettner, Blue Zones founder, discovered five places in the world – dubbed blue zones – where people live the longest, and are healthiest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California.

These communities have 9 common denominators that they “prescribe” to including: Move Naturally, Purpose, Down Shift, 80% Rule, Plant Slant, Wine at 5, Right Tribe, Loved Ones First, Belong. For more detailed information you can check it all out here: <https://www.bluezones.com/2016/11/power-9/>.

What's the Challenge?

This nutrition-based challenge will **focus on two** of the 9 aspects listed above, including 80% Rule and Plant Slant.

80% Rule - *Stop eating when stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.*

Plant Slant - *Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat, mostly pork, is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.*

- The challenge is to incorporate more plant-based meals into your diet.
- You'll be sent recipes and ideas weekly and aim to incorporate them up to **3 days/week**
- If you're a non-meat eater (vegetarian/vegan), your goal could be to increase plant-based food intake, challenge yourself to make meals from locally sourced-goods, or focus on the 80% Rule. There are many ways to get involved!
- This is a points-based challenge- the goal is to earn as many points as you can each week.

WHEN: Challenge will run **January 13 to February 10 (4-weeks)**

WHO: All employees are invited to participate. If this is a part of your lifestyle currently – this won't be a challenge at all!

WHY: To live a long, healthy life, by revisiting eating habits. And there are **PRIZES** involved!

SIGN UP: Sign up by clicking this link <https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3> or copying and pasting to your browser. Haven't used Daily Endorphin before? Check out the FAQ's.

Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-730-5201 or email ahohenstein@duluthmn.gov

