



Optimal Health

For longevity, happiness, and fullness of life!

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SUMMARY

The seven Blue Zone lessons:

1. Moderate, regular outdoor physical activity
2. Serving others and proper thinking
3. Strong family and social life
4. Moderate calorie intake with a healthy plant-based or Mediterranean diet
5. Avoiding toxins like smoking
6. Other healthy choices such as drinking water and a good night sleep
7. Engagement in spirituality and a life purpose

Seven simple practical steps:

1. Start with all things you are already doing positively in your life. Make a list and congratulate yourself. Stress will make it harder to live a healthier lifestyle.
2. Next, go over what changes will be easy, or easier, for you to make? Perhaps you joined a gym recently. Can you get to bed a little earlier and wake up a few minutes early to give yourself more time for a healthy breakfast?
3. Get rid of the junk food and fast food. Eat whole plant foods at every meal especially fruit, vegetables, whole grains, beans, and nuts. You don't have to throw out the BBQ overnight, choose lean meats and smaller portions, adding lots of colorful fruits and veggies. Add beans to your soups and stews, cut down on the fat, butter, and sugar. Check out free recipes at www.BodyMindHealth4u.com
4. Moderation – eat less, spend less time watching TV, drink less alcohol or quit completely, don't light up that cigarette, and so on. Create smaller goals to reach your larger ones. Just one day at a time. You only have to make a choice for right now, for today.
5. Get active. So, so important. Combine activity with relationships and social building, this combines goals. Join a walking club, invite friends to go swimming or go camping together or even just a picnic in the park one day a week. Physical activity is one of, if not the most, important lesson the blue zones teach.
6. Slow down. Take time to learn a bit more how you can achieve your goals. Read a book on Cognitive Behaviour Therapy, take a bubble bath, spend a few extra minutes saying good bye instead of rushing out the door. Take an extra minute to keep your thoughts in check using CBT when you are stressed, frustrated, anxious, or overwhelmed. Tell yourself the truth in a positive manner.
7. Look outside yourself. Find your life purpose and look outside yourself to the world of wonderful possibilities. Get more socially involved in the world around you. Do something for someone else, be a positive role model, join a socially responsible group, or even take some Bible studies.

For more on optimal nutrition or free recipes visit: www.BodyHealth4u.com