

100% FREE



# The 9 Blue Zones Habits

A complete plan with the 9 Blue Zones habits to add years to your life with more health and vitality

**50**

Pages

**9**

Habits

**30**

Days

Longevity  
HÁBITOS

## What you'll discover

- 🌀 Everything you need to transform your Longevity
- 🌀 The 9 habits from the world's longest-living regions
- 🌀 How to adapt them to your modern routine
- 🌀 A 30 days step-by-step action plan
- 🌀 Community, purpose, and strong relationships

Based on research from NIH, Harvard, and WHO

**Curator's comment:** So what exactly are the "Blue Zones"? It all started when some scientists from National Geographic identified cities on every continent with populations that included many elderly people over 100 years old—in other words, the longest-living cities on the planet. What habits did these people have in common? What can we learn from them?

## TARGET AUDIENCE

# Who this guide is for

This material was created especially for you



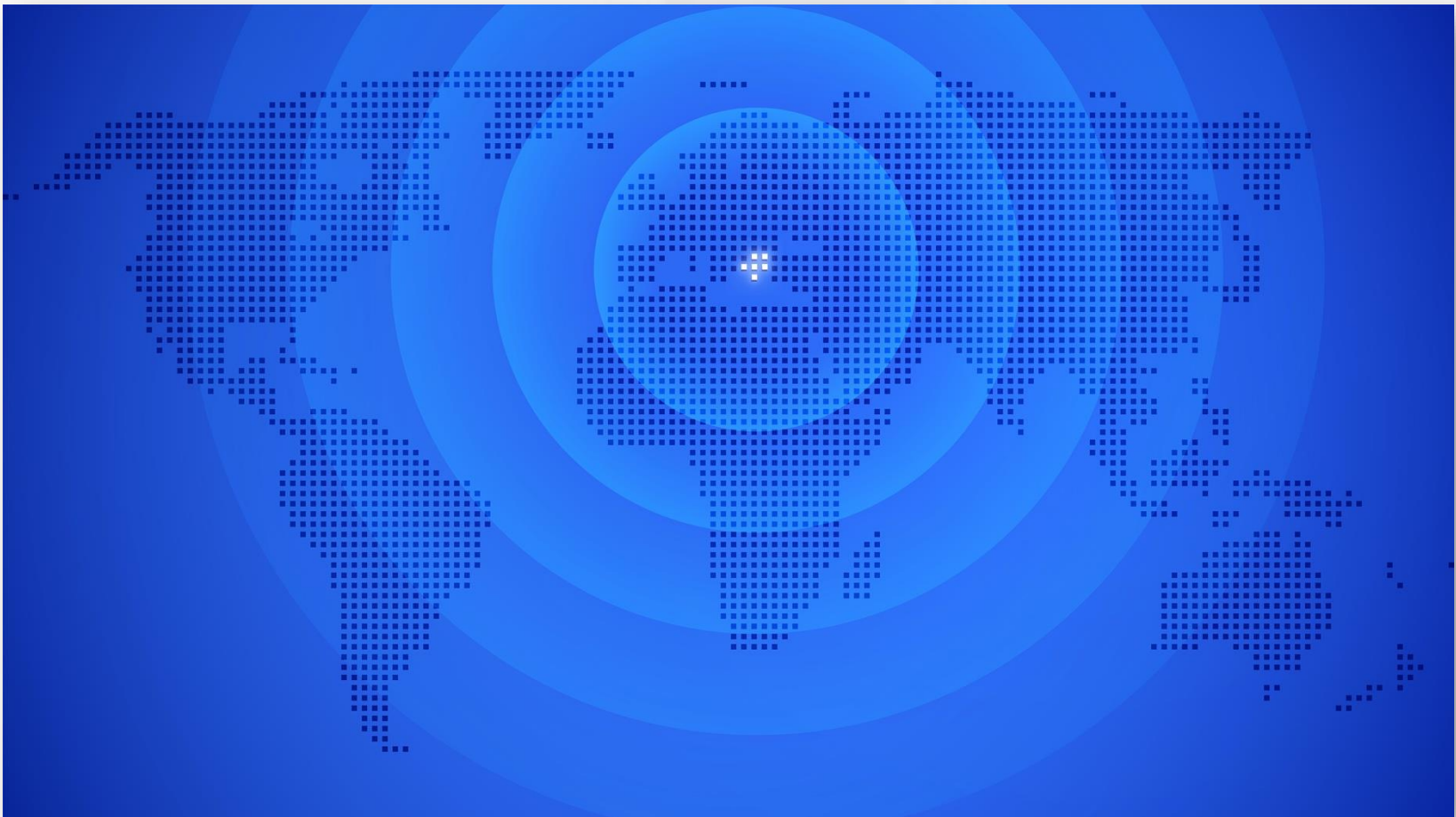
✓ People 40+ who want to prevent disease

✓ Anyone seeking more energy and vitality

✓ Professionals looking for balance

✓ Anyone who wants to live longer and better

# What are the Blue Zones



Blue Zones are 5 cities where people commonly live more than 100y with health and vitality.



**Okinawa — Japan**



**Sardinia — Italy**



**Nicoya — Costa Rica**



**Ikaria — Greece**



**Loma Linda — California, USA**

*In these regions, people 100+ are common.*

# Why do they live more than 100 years?

It's not genetics — it's habits and environment.

**Despite the different cultures of these 5 cities, they share very similar habits:**



## Common habits of the Blue Zones

### 1. Simple and mostly plant-based diet

- ✓ Lots of vegetables, legumes, beans and whole grains
- ✓ Little meat (usually 1-2 times a week)
- ✓ Natural, local and minimally processed foods

### 2. 80% Rule (Hara Hachi Bu)

- ✓ Stop eating when you are 80% full, avoiding overeating.

### 3. Natural movement every day

- ✓ Walking, tending the garden, climbing stairs, household chores
- ✓ They don't depend on the gym, **but they are constantly moving.**

#### **4. Strong social ties**

- ✓ Frequent interaction with family and friends
- ✓ They have a sense of belonging and purpose in life.
- ✓ Active community and mutual support

#### **5. Having a purpose in life**

- ✓ Having a "why" to wake up every day (Ikigai in Okinawa, Life Plan in Nicoya)

#### **6. Low level of chronic stress**

- ✓ Routines for relaxation: naps, prayer, meditation, rest
- ✓ Calmer pace of life

#### **7. Moderate alcohol consumption (in some regions)**

- ✓ Generally **red wine**, in small quantities and with friends
- ✓ Not a rule in all Blue Zones

#### **8. Regular and quality sleep**

- ✓ Going to bed early, waking up early
- ✓ In some places, short naps during the day

#### **9. Spirituality or faith**

- ✓ Belonging to a religious or spiritual group is associated with greater longevity

#### **Quick summary**

Eat simply, move regularly, reduce stress, maintain strong social bonds and live with purpose.

# How to use this guide

Simple 3-step method to transform your longevity

## STEP 1

### Read carefully

Read each page slowly. Understand the science behind each habit and how it impacts your health.

## STEP 2


### Put it into practice

Use the checklists and practical strategies to adapt each habit into your daily routine.

## STEP 3

### Follow it for 30 days

Follow the 30-day action plan. Use the weekly trackers to monitor your progress.

 **Tip:** Don't try to do everything at once. Start with 1–2 habits and build gradually.


# Environment shapes habits


In the Blue Zones, people don't need extraordinary willpower. The environment naturally supports healthy choices.


## Blue Zones Concept

When your environment is designed to make healthy habits easier, you don't rely only on motivation — behaviors happen naturally.

Practical examples:

 **At home:** Keep fruit visible on the table; avoid buying ultra-processed foods

 **Movement:** Place your walking shoes next to the bed to remind you when you wake up

 **Digital:** Keep your phone out of the bedroom to improve sleep

**Remember:** You're not failing because you lack discipline. The wrong environment makes any habit hard.

**Curator's comment:** I strongly believe that when we want to change our habits, we have to change the environment in which we live. How? By changing friends, ceasing to frequent places that distance us from our goals, unfollowing profiles on social media that do not add value to our new way of life. Our mind creates the environment based on what we see, say, and hear. Be careful!!

## Small daily actions


In the Blue Zones, no one makes radical changes. Longevity comes from small habits, repeated consistently for decades.


### Consistency > Intensity

It's not about doing everything perfectly today. It's about doing a little better every day, for a long time.

 Avoid |


 Choose instead

 Radical change: “I’m cutting all sugar and carbs tomorrow!”

 Gradual change: “I’ll reduce 1 soda per week”

 “Gym 6x/week starting Monday”

 “15-minute walk, 3x/week”

 Golden rule: If you can’t do it for 90 days in a row, it’s too complicated. Simplify.

**Curator's comment:** The first change after becoming aware of the kind of life we want to live is to DECIDE where you will begin this journey. Carefully analyze your life today and where you want to be in 1 year, 5 years, and 10 years. From there, begin your journey slowly but surely! Consistency and perseverance!

# The role of community



In the Blue Zones, loneliness is rare. People live connected to family, friends, and community.



## Relationships extend life

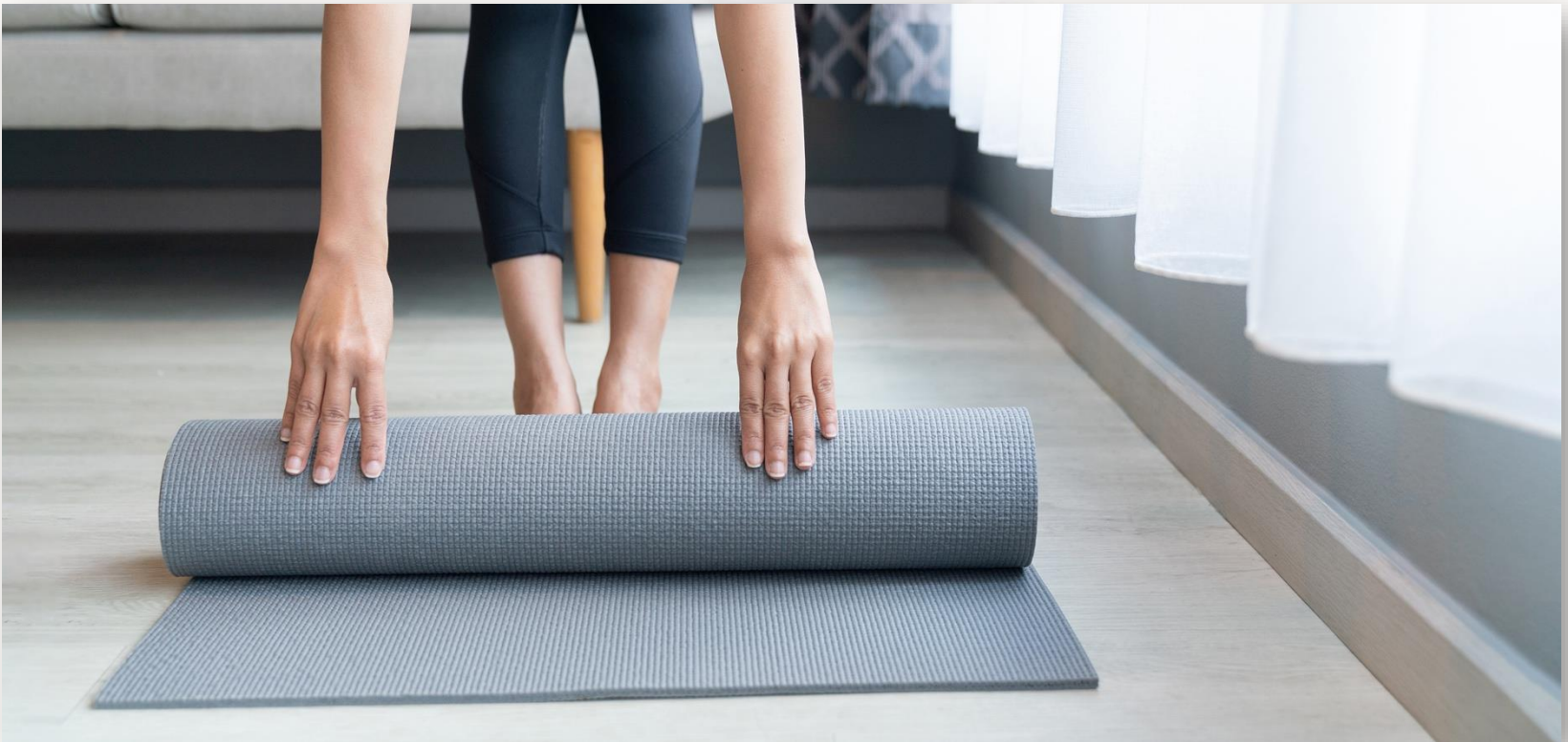
Strong connections reduce stress and the risk of chronic disease.

**Important:** Strong social bonds increase your chances of living longer by 50%.

**Curator's comment:** But how do you build strong connections in such a selfish, hedonistic, and individualistic society? You must take the first step with humility and a spirit of "serving others."

1. Make a list of your family members and review how often you call them, invite them for lunch or dinner at your house, and, most importantly, how much you care about how they are living, their problems, and dreams. After this, make an action plan to get closer to them and truly build strong bonds that will help you in your aging process.
2. The same goes for your best friends (5 maximum).
3. Map your work colleagues, neighbors, gym buddies, and be kinder to them in your daily life, greeting them, giving them a smile, etc. These small actions bring people closer and create bonds.

# Body, mind, and purpose



Longevity = a healthy body + a balanced mind + a purpose in life.

## Body

Natural movement, real food, quality sleep.

## Mind

Slow down. Reduce stress and cultivate gratitude.

## Purpose

Having a reason to wake up every day adds years to your life.

**Curator's comment:** Human beings need to take care of the three pillars: body + mind + spirit. With a healthy body and autonomy, it becomes easier to care for the mind and spirit through reading, crafts, music, dance, and spirituality with meditation, prayer, and contemplation. All of this gives you a purpose to wake up in the morning. Furthermore, you will be ready to dream and realize those dreams.

## HABIT 1 OF 9


# Move naturally



### The concept

People move naturally: they walk, garden, and do hands-on tasks.

**Why it works:** Frequent low-intensity movement is more effective for longevity.

 **Goal:** Exercise 20-30 minutes every day. Take the stairs. Don't order everything by delivery service: walk to the pharmacy, bakery, or market. It's not intensity — it's frequency.

**Curator's comment:** Here, it's necessary to "step outside the comfort zone" of the modern world. People are becoming increasingly sedentary due to the ease of online shopping, remote controls, Alexa, and delivery services. It's a major paradigm: everything leads you to a sedentary lifestyle, and at the same time, everyone pressures you to be physically active... reflect on this!

## HABIT 1 • PRACTICE

### How to apply it daily

#### Daily Checklist

- Walk at least 30 minutes (can be 3×10 min)
- Take stairs instead of the elevator whenever possible
- Stand up and stretch every 30 minutes of seated work
- Do small hands-on tasks: dishes, tidying up, gardening
- Park farther away or get off 1–2 stops earlier on public transit

#### Practical tips

**At home:** Do hands-on tasks — wash the car, garden, cook standing up

**At work:** Walking meetings; use a timer to stand up every 25 min

**Transportation:** Walk to nearby places; use a bike or scooter

**Leisure:** If you watch TV, stand up during commercials or stretch

**Remember:** The goal isn't to train like an athlete. It's to make movement a natural part of your daily routine.

## HABIT 2 OF 9

# Have a purpose (Ikigai)



### The concept

**Ikigai:** your reason for being — knowing WHY you wake up every day.

**Why it works:** People with purpose have a 30% lower risk of premature death.

**Question:** What would make you want to wake up excited every day?

# How to discover your Ikigai

### Reflection exercise

- Set aside 20 uninterrupted minutes to answer these questions:
  - What do you do that makes you lose track of time?
  - What do people come to you for help or advice about?
  - What would you do even if you weren't paid for it?
  - What problem or suffering would you like to ease in the world?

### How to integrate it into daily life

- Morning: When you wake up, repeat mentally: "Today I will [your purpose]."
- Weekly: Dedicate at least 2–3 hours per week to your purpose
- Decisions: Ask: "Does this bring me closer to or farther from my Ikigai?"
- Night: Before bed, reflect: "How did I live my purpose today?"

Practical example:

Maria, 62, discovered her Ikigai is teaching children to read. She volunteers twice a week at a community library. It gives meaning to her days and keeps her mind active.

**Remember:** Your Ikigai can evolve over time. What matters is HAVING a purpose — not what it is.

**Curator's comment:** Once again I bring up a concept that's so out of fashion: "serving" others. Generally, purposes that build up are related to the act of serving. Ikigai goes far beyond material goals for success in life. Ikigai is what lies at your core, what moves you even unconsciously, and what arises naturally when you set out to have higher goals.

## HABIT 3 OF 9

# Slow down and reduce stress



### The concept

Daily rituals to slow down: a siesta, prayer, happy hour, tea.

Why it works: Daily breaks reduce cortisol and inflammation.

Goal: 15–30 minutes per day of slowing down, without screens.

## Slowing-down rituals

### Daily practices (choose 1–2)

- 5–10 minutes of deep breathing in the morning
- A tea or coffee break without your phone (mindful drinking)
- A 15-minute walk with no destination — just observing
- Meditation or prayer (5–20 min)
- Journaling — writing thoughts and gratitude

### Quick techniques (1–3 min)

- 4-7-8 breathing: Inhale 4 sec, hold 7 sec, exhale 8 sec
- Quick gratitude: Mentally list 3 things you're grateful for
- Visual break: Look out the window for 2 minutes, focusing on something far away
- Body scan: Close your eyes and relax each part of your body mentally

### Suggested routine:

**6–7 a.m.:** 5 min breathing upon waking

**12–1 p.m.:** Lunch without phone/screens

**3–4 p.m.:** 5-min break — stretch or tea

**9–10 p.m.:** 10 min journaling or relaxing reading

**Remember:** It doesn't have to be perfect. 5 real minutes of rest are better than zero. Start small and be consistent.

**Curator's comment:** Slowing down is like this: stop the world, I want to get off. It's about rethinking your priorities and values and returning to a "slower" and more enjoyable world.

## HABIT 4 OF 9

# Eat up to 80% - Hara Hachi Bu



### The concept

**Hara Hachi Bu:** Eat until you are 80% full. Stop before you are completely full.

**Why it works:** Moderate calorie restriction promotes longevity.

**Goal:** Eat slowly and stop when you are 80% full.

## HABIT 4 • PRACTICE

# How to apply Hara Hachi Bu

### Practical strategies

- Eat slowly — chew each bite at least 20–30 times
- Use smaller plates (automatically reduces visual portion size)
- Pause halfway through the meal for 2–3 minutes before continuing
- Ask yourself: “Am I still hungry, or do I just want more?”
- Drink water before and during meals

### Tips to make it easier

- Environment: Turn off the TV, put away your phone, eat seated at the table
- Time: Reserve at least 20 minutes to eat (don't rush)
- Order: Start with salad/vegetables — fiber increases satiety
- Serving: Keep the pot/pan away from the table — prevents automatic seconds

## HABIT 4 • PRACTICE

Hunger scale (use before eating):

**1–2:** Starving (too long without eating)

**3–4:** Hungry (time to eat)

**5–6:** Satisfied (80% — STOP HERE) 7–8: Too full

**9–10:** Stuffed, uncomfortable

**Remember:** This isn't about restriction or dieting. It's about listening to your body and stopping BEFORE overeating.

## Plant-based eating



### The concept

95% of the diet comes from plants: vegetables, grains, legumes, nuts, and fruit.

**Why it works:** Plant foods reduce inflammation and cellular aging.

**Goal:** Prioritize plants at every meal.

## HABIT 5 • PRACTICE

### Transitioning to a plant-based diet

✓ How to start (without going extreme)

1 fully plant-based meal per day (ex: breakfast)

- Meatless Monday

Half your plate is always colorful vegetables

- Gradually swap white rice for brown rice

Add beans or lentils to at least 1 meal/day

### Blue Zones meal examples

Okinawa: Brown rice + tofu + assorted vegetables + miso

Nicoya: Black beans + rice + squash + corn tortilla

Sardinia: Minestrone (vegetable soup) + whole-grain bread + olive oil

Ikaria: Chickpeas + Greek salad + potatoes + herbs

### Simple swaps

**Cow's milk** → Oat or almond milk

**Ground beef** → Lentils or soy protein

**Butter** → Olive oil or peanut butter

**Processed snack** → Nuts, dried fruit

**Sugary dessert** → Fresh fruit

**Remember:** You don't need to be vegan or vegetarian. The goal is for PLANTS to be the base, not the exception.

## HABIT 6 OF 9

# Alcohol in moderation



### The concept

In the Blue Zones, alcohol is consumed moderately and socially — 1–2 glasses per day with friends or with meals.

**Why it works:** Red wine contains antioxidants. But the REAL benefit comes from the social context — drinking with friends reduces stress.

**⚠ Important:** If you don't drink, DO NOT start. The benefits come from MODERATION and the social context, not the alcohol itself.

**Alternative:** Green tea or kombucha in social settings can create the same connection effect.

## HABIT 6 • PRACTICE

# Wine moderation

### Moderation rules

- Maximum 1–2 glasses per day (5 oz / 150 ml each)
- Always with food and in a social setting
- 2–3 alcohol-free days per week

**Important:** Red wine in moderation and in a social setting.

**Curator's comment:** Habits 4, 5 and 6 relate to moderation and common sense. Today we seek personal pleasure above all else, whether in food, drink, sex, shopping, and this leads to excess because, in reality, people seek to fill a void in their soul through food, drink, sex, consumption, and we enter an endless vicious cycle. Therefore, STOP, SLOW DOWN and reflect on your purpose in this life and everything else will fall into place.

## HABIT 7 OF 9

# Belonging to a Community

## The concept

Belonging to a faith-based or spiritual community with regular rituals.

**Why it works:** Participating 4 times per month adds 4–14 years of life. It's about belonging and social support.

**Important:** Communities reduce the risk of depression, anxiety, and premature death.

## HABIT 7 • PRACTICE

### How to find your Community

#### Where to look

- A church, temple, or spiritual center in your tradition
- Meditation or mindfulness groups
- Volunteering for nonprofits or causes you believe in

#### Non-religious alternatives

- Running group: Weekly meetups with shared purpose
- Book club: Meaningful reflections and conversations

**Remember:** The goal is to belong to something bigger and share rituals with others.

## HABIT 8 OF 9

# Prioritize Family

### The concept

Family comes first. Older adults live with or near their children. Strong bonds are a priority.

**Why it works:** Family bonds reduce disease and cognitive decline.

**Goal:** Make quality time with the people you love.

## HABIT 8 • PRACTICE

### Strengthen connections

#### Daily rituals

- Family dinner 5x per week — NO screens
- Truly listen: “How was your day?”
- Family gathering every weekend

**Important:** Quality > quantity. Full presence.

## A healthy social circle



### The concept — Moais

In Okinawa, Moais are social circles of 5 friends who commit to one another for life. They meet regularly, support each other, and positively influence one another's habits.

**Why it works:** You become the average of the 5 people you spend the most time with. If your friends have healthy habits, you naturally adopt them. If they smoke, drink excessively, or are sedentary, you tend to follow.

The power of social influence:

**Framingham Study (32 years):** If a friend becomes obese, your risk increases by 57%

**Habits spread:** Smoking, exercise, eating — it's all “contagious”

**Shared longevity:** Healthy circles live longer together

### ✗ Toxic circle

- Encourages excess
- Criticizes people who take care of their health
- Constant complaining, no action
- Destructive competition

### ✓ Healthy circle

- Supports positive habits
- Inspires and motivates
- Meaningful conversations
- Mutual growth

**Key question:** “Do the people I spend the most time with bring me closer to or farther from the life I want to live?”

## How to create your Moai

### ✓ Steps to build your circle

- Identify 3–5 people who share health values
- Suggest regular meetups (weekly or biweekly)
- Support each other’s goals

### 💡 Group activity ideas

**Walks:** Weekly meetup to walk together

**Healthy dinner:** Each week at someone’s home

**Remember:** You don’t need to abandon old friends. But you do need to ADD people who move you toward the life you want.

## HABIT 9 • PRACTICE

### How to adapt to a modern routine

You don't live in Okinawa. You have work, traffic, bills, and technology 24/7.

Here's how to adapt each habit to your reality:



#### Natural Movement

**Modern reality:** Sitting 8 hours/day

**Adaptation:** Timer every 30 min to stand up, stairs instead of elevator, walking meetings, park further away



#### Plant-Based Eating

**Modern reality:** Fast food and processed foods everywhere

**Adaptation:** Meal prep on Sunday, 50% vegetables on your plate, healthy snacks in your car/bag



#### Slowing Down

**Modern reality:** Constant notifications, always "ON"

**Adaptation:** Airplane mode 1 hour before bed, 5 min breathing in the morning, lunch without your phone



#### Community & Family

**Modern reality:** Family far away, busy routines

**Adaptation:** Sacred family lunch on Sundays or dinner together once a week, weekly video call with parents, local running group or hobby group

**Key principle:** It's not about doing everything perfectly like the Blue Zones. It's about adapting the PRINCIPLES to your real life.

## SIMPLE EATING

### Simple everyday eating



#### Blue Zones breakfast

- Oatmeal with fruit, nuts, and cinnamon
- Whole-grain toast with peanut butter and banana
- Green smoothie (spinach, banana, oats, plant milk)
- Tapioca wrap with egg and vegetables



#### Simple lunch/dinner

- Brown rice + beans + colorful salad + grilled vegetables
- Whole-wheat pasta with homemade tomato sauce and vegetables
- Lentil soup with assorted veggies + whole-grain bread
- Buddha bowl: quinoa + chickpeas + avocado + vegetables



#### Healthy snacks

- Nuts (walnuts, almonds, etc.)
- Fresh fruit
- Baby carrots with hummus
- Plain yogurt with no added sugar



#### Essential shopping list

- Beans, lentils, chickpeas (canned works too)
- Brown rice, oats, quinoa
- Assorted vegetables (more colors = better)
- Seasonal fruit
- Nuts and seeds
- Extra virgin olive oil

Golden rule: If it comes from the earth, eat it. If it comes from a factory, limit it.

## NATURAL MOVEMENT

### Movement without the gym

You don't need expensive equipment or intense workouts. You need to MOVE throughout the day.



#### At home

- Clean manually (vacuum, scrub)
- Garden, grow a small garden, care for plants
- Go up and down stairs several times a day
- 10-minute stretching when you wake up
- Dance while cooking or tidying up



#### At work

- Stand up every 30 minutes — 2-minute stretch
- Take stairs always (goal: 5 floors without the elevator)
- Walking meetings when possible
- Eat lunch somewhere farther (extra walk)
- Park farther away or get off 1–2 stops earlier



#### Active transportation

- Walk to places within 15–20 minutes
- Bike for short trips
- If you use public transit, get off 1–2 stops earlier
- Avoid drive-thru — park and walk in



#### Minimum daily goal:

- 30 minutes of walking (can be split into 3×10 min)
- Stand up every 30 minutes if you sit for work
- At least 5,000 steps (ideal: 7,000–10,000)

**Remember:** It's not about intensity — it's about CONSTANT movement throughout the day.

## STRESS & SLEEP

### Stress, sleep, and breaks



#### Blue Zones sleep routine

- Sleep 7–9 hours per night (non-negotiable)
- Same bedtime and wake time (even on weekends)
- Dark, quiet, cool room (64–68°F / 18–20°C)
- No screens 1 hour before bed (airplane mode)
- Wind-down ritual: reading, tea, light stretching



#### Daily anti-stress breaks

- 6–7 a.m.: 5 minutes deep breathing upon waking
- 12–1 p.m.: Lunch without phone, mindful eating
- 3–4 p.m.: 5-minute break — stretch or tea
- 9–10 p.m.: Disconnect — reading or journaling



#### Quick techniques (1–3 min):

4-7-8 breathing: Inhale 4 sec, hold 7 sec, exhale 8 sec

20-20-20 rule: Every 20 minutes of screen time, look 20 feet away for 20 seconds

Quick body scan: Relax each body part mentally

3 gratitudes: Mentally list 3 things you're grateful for



#### Avoid

- Caffeine after 2 p.m.
- Screens 1 hour before bed
- Using alcohol to “relax” or sleep
- Heavy meals close to bedtime
- Solving complex problems at night

**Remember:** Quality sleep isn't a luxury — it's a biological need for longevity and mental health.

## COMMON MISTAKES

### What to avoid

These mistakes sabotage Longevity — avoid them:

#### ✗ **Trying to change everything at once**

Don't adopt all 9 habits on Monday. You'll fail and quit. Start with 1–2 habits and add gradually.

#### ✗ **Being too extreme or restrictive**

Blue Zones is not about perfection. It's about consistency. Don't cut 100% of meat or sugar — reduce gradually. Allow flexibility.

#### ✗ **Focusing only on food or exercise**

Longevity isn't just the body. If you eat perfectly but live isolated and stressed, you won't get the benefits. Balance across the 9 habits is essential.

#### ✗ **Comparing yourself to others**

Your journey is unique. Don't compare your Day 1 to someone else's Year 5. Focus on YOUR progress.

#### ✗ **Quitting after a slip**

Ate fast food? Skipped your walk? Normal. One bad day doesn't erase weeks of progress. Restart the next day—without guilt or drama.

#### ✗ **Expecting immediate results**

Longevity is built in years, not weeks. You won't "feel" a difference in 7 days. But after 30–90 days, benefits start to show.

✓ **Instead:** gradual progress, flexibility, consistency, and patience. Small habits + time = real longevity.

## QUICK CHECKLIST

### 9 Habits checklist

Use this checklist to review whether you're practicing all the habits:

NATURAL MOVEMENT — Did I walk 30 min + stand up every 30 min?

PURPOSE (IKIGAI) — Did I invest time in my life purpose?

SLOWING DOWN — Did I take at least 15 min of screen-free downtime?

HARA HACHI BU — Did I stop eating at 80% full?

PLANT-BASED EATING — Was at least 80% of my plate plant-based?

MODERATION (ALCOHOL) — Max 1–2 glasses with a meal (or zero)?

COMMUNITY — Did I connect with my community?

FAMILY — Did I spend quality time with loved ones?

HEALTHY CIRCLE — Did I spend time with people who inspire me?

Realistic goal: You do NOT need to check all 9 every day.

Excellent: 7–9 habits

Good: 5–6 habits

Needs adjustment: Fewer than 4 habits

30 DAYS

## 30-Day Action Plan

Transform your life in 4 weeks with this progressive plan:

**1** Week 1 — Foundation: sleep, hydration, basic movement

**2** Week 2 — Nutrition: plant-based transition + Hara Hachi Bu

**3** Week 3 — Stress: slowing down + conscious breaks + purpose

**4** Week 4 — Connection: community, family, and a healthy social circle

**How it works:** Add new habits each week while keeping the previous ones.

In 30 days, all 9 habits will be integrated.

## Week 1 — Foundation

Essential foundation: sleep, water, and movement

### This week's focus

Establish the 3 fundamental pillars of longevity: quality sleep, proper hydration, and daily natural movement.

### Tips to succeed

- Set alarms for going to bed and waking up at the same time
- Keep a water bottle visible at all times
- Put your shoes next to your bed as a reminder
- Use a timer (Pomodoro) to remember to stand up
- Put your phone on airplane mode at 9 p.m.

**Weekly goal:** 7 straight days completing the 5 basic habits. Don't worry about perfection — focus on consistency.

# Week 1 Checklist

## Monday – Day 1

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Tuesday – Day 2

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Wednesday – Day 3

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Thursday – Day 4

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Friday – Day 5

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Saturday – Day 6

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Sunday – Day 7

- 7–9 hours of sleep
- 30-minute Walk
- No screens 1 hour before bed
- 2L of water
- Stand up every 30 minutes

## Week 2 — Nutrition

Plant-based nutrition and mindful eating

### This week's focus

- 80% of your plate from plant foods
- Practice Hara Hachi Bu — stop at 80% full
- Eat slowly — chew 20–30 times
- 1 meat-free meal per day

### Tips to succeed

- Meal prep on Sunday for the week
- Keep fruits and vegetables visible
- Use smaller plates (helps Hara Hachi Bu)
- Use a 20-minute timer for meals
- Drink water before eating

**Weekly goal:** Add these new nutrition habits **WITHOUT** dropping the Week 1 habits.

## Week 2 Checklist

### Monday – Day 1

Week 1 basics    80% plant-based    Hara Hachi Bu

### Tuesday – Day 2

Week 1 basics    80% plant-based    Hara Hachi Bu

### Wednesday – Day 3

Week 1 basics    80% plant-based    Hara Hachi Bu

### Thursday – Day 4

Week 1 basics    80% plant-based    Hara Hachi Bu

### Friday – Day 5

Week 1 basics    80% plant-based    Hara Hachi Bu

### Saturday – Day 6

Week 1 basics    80% plant-based    Hara Hachi Bu

### Sunday – Day 7

Week 1 basics    80% plant-based    Hara Hachi Bu

## Week 3 — Stress

Slowing down and daily stress management

### This week's focus

- 15–20 min daily slowing-down (meditation, breathing, journaling)
- Reflection on your Ikigai/purpose
- Conscious breaks throughout the day (3×5 min)

### Tips to succeed

- Use a meditation app (Headspace, Calm)
- Set alarms for conscious breaks
- Morning journaling (10 min)
- 4-7-8 breathing in tense moments
- Write your Ikigai down

**Weekly goal:** Add slowing down + purpose on top of the physical habits.

## Week 3 Checklist

### Monday – Day 1

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Tuesday – Day 2

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Wednesday – Day 3

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Thursday – Day 4

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Friday – Day 5

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Saturday – Day 6

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

### Sunday – Day 7

- Week 1–2 basics
- Conscious breaks
- 15 min slowing down

## Week 4 — Connection

Strengthening social and family bonds

### This week's focus

- Family meal without screens (at least 2x)
- Weekly connection with a community or social group
- Quality time with your close circle
- Express gratitude to important people

### Tips to succeed

- Schedule fixed family dinners
- Join group activities (club, church, volunteering)
- Call friends instead of texting
- Express gratitude every day
- Create family connection rituals

**Final week:** Integrate ALL 9 habits. You are building real longevity.

# Week 4 Checklist

## Monday – Day 1

- Week 1–3 basics
- Community

- Family meal/connection

## Tuesday – Day 2

- Week 1–3 basics
- Community

- Family meal/connection

## Wednesday – Day 3

- Week 1–3 basics
- Community

- Family meal/connection

## Thursday – Day 4

- Week 1–3 basics
- Community

- Family meal/connection

## Friday – Day 5

- Week 1–3 basics
- Community

- Family meal/connection

## Saturday – Day 6

- Week 1–3 basics
- Community

- Family meal/connection

## Sunday – Day 7

- Week 1–3 basics
- Community

- Family meal/connection

## WEEKLY TRACKER

# Weekly Tracker

Use this template to track your progress

### Habits to track daily

- 7–9 hours of sleep
- 2L of water
- 30 minutes of movement
- 80% plant-based
- Hara Hachi Bu
- 15 min slowing down
- Family/connection
- Purpose

### How to use

- Print this page or use a habit-tracking app
- Mark a ✓ for each habit completed per day
- Review weekly and adjust what isn't working
- Celebrate each completed week — gradual progress is real

**Remember:** Imperfect consistency is better than occasional perfection.

## RESET GUIDE

# What to do if you fall off track

You WILL have bad days. It's normal.  
What matters is how you respond.

### ✗ Don't do this

- "I ruined everything, I'm quitting."
- Excess guilt or destructive self-criticism
- Waiting until next Monday to restart
- Compensating with extreme restriction the next day

### ✓ Do this

- Accept it without drama — it's just one day
- Restart at the NEXT MEAL (not the next day)
- Identify the trigger and adjust the environment
- Celebrate that you're back — that's resilience

80/20 rule: If you stick to the habits 80% of the time, you're on the right path. Imperfect consistency counts.

## WHAT TO EXPECT

### Benefits after 30 days

#### Energy & Stamina

- More energy throughout the day
- Less tiredness after meals
- Waking up more rested
- Consistent movement + quality sleep make a real difference

#### Weight & Body Composition

- Natural loss of 4–11 lbs (2–5 kg) without counting calories
- Hara Hachi Bu + plant-based eating
- Automatic reduction in excess calories

#### Mental Clarity

- Less brain fog
- Better focus and concentration
- Lower stress
- Quality sleep restores cognitive function

#### Emotional Well-Being

- Less anxiety and better mood
- Stronger sense of purpose
- Social connection impacts mental health

**Important:** These benefits are the **BEGINNING**. The biggest gains come after months and years of consistency.

# Longevity is a Journey



You won't live to 100 by following this guide for 30 days.

**But you might if you keep these habits for the next 30 years.**

Longevity isn't a destination — it's the path you choose every day.

Every plant-based meal, every walk, every conscious pause, every family dinner is a brick in building a long and fulfilling life.

*"The best time to start was 20 years ago. The second best time is now." — Chinese proverb*

## REFERENCES

# Scientific References

This guide is based on rigorous scientific research



### Main sources

- Blue Zones Research: Buettner, D. et al. National Geographic Society
- NIH (National Institutes of Health): Studies on longevity and dietary habits
- Harvard T.H. Chan School of Public Health: Research on plant-based diets
- WHO (World Health Organization): Physical activity guidelines
- Framingham Heart Study: Social influence on health (32 years)



### Recommended books

- The Blue Zones — Dan Buettner
- How Not to Die — Dr. Michael Greger
- Ikigai: The Japanese Secret to a Long and Happy Life — Héctor García & Francesc Miralles
- The Longevity Diet — Dr. Valter Longo

**Note:** This guide is educational. Always consult health professionals before making significant changes.

## NEXT STEPS

# Next steps

How to maintain the habits after 30 days

### 1 Keep tracking

Use a habit app or a paper notebook

### 2 Review monthly

Review what's working and what needs adjustment

### 3 Find your Moai

Create or join a support group

### 4 Go deeper

Read the recommended books and watch documentaries

**Inspire others:** Share this guide with people



## You have everything you need

This complete guide to the 9 Blue Zones Habits is in your hands.

The rest depends on your daily choices.

### Track your progress

Use the checklists and trackers in this guide. Review weekly. Adjust what isn't working. Keep what delivers results.

### Share

Send this guide to people you love. Longevity is better when shared with those you want by your side for decades.

### **You're not alone on this journey.**

Millions of people around the world are applying the principles of the Blue Zones. Now you're part of this global movement toward a longer, healthier, more meaningful life.

Longevity  
HÁBITOS

Complete guide • 50 pages • Science-based

Your journey to add years to your life starts now.