

## BLUE ZONES HOME CHECKLIST%0A

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### **Blue Zones healthyklamath.org**

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### **Blue Zones Checklists Healthy Klamath**

Blue Zones Project - Klamath Falls has provided these checklists as a way to help you identify some easy ways to begin making improvements to your well-being. It's not just about diet and exercise, that's why we've included topics such as home, family, and sleep environment.

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### **The Blue Zones Story Blue Zones**

Get the BLUE ZONES Newsletter Sign up for the BLUE ZONES free weekly email where we bring you exclusive interviews, cutting edge longevity news, and fresh tips for living longer, better. 2008-2018 Blue Zones, LLC.

<http://www.mapyourstartupblog.co/The-Blue-Zones-Story-Blue-Zones.pdf>

### **Blue Zones Home Checklist Health and Wellness Blog**

The Blue Zones Home Checklist will help you evaluate your current living environment and suggest some simple changes for a bigger impact on your health over time.

<http://www.mapyourstartupblog.co/Blue-Zones-Home-Checklist--Health-and-Wellness-Blog--.pdf>

### **Blue Zones Places In the World Where People Live to 100**

They are called blue zones places in the world where people live longer and healthier than anywhere else on earth. Several of these blue zones exist, and in each of these places people living to 90 or even 100 years is common.

<http://www.mapyourstartupblog.co/Blue-Zones---Places-In-the-World-Where-People-Live-to-100--.pdf>

### **Blue Zones Seacrest at Home**

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.

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### **Home Blue Zone Flanders**

Blue Zones is een antropologisch concept dat de specifieke levensstijl en leefomgeving beschrijft van bevolkingsgroepen die langer leven dan andere.

<http://www.mapyourstartupblog.co/Home-Blue-Zone-Flanders.pdf>

### **Eating To Break 100 Longevity Diet Tips From The Blue Zones**

Home. News Expand/collapse Eating To Break 100: Longevity Diet Tips From The Blue Zones : The Salt The centenarians living in Blue Zones aren't drinking Ensure or eating chocolate ice cream

<http://www.mapyourstartupblog.co/Eating-To-Break-100--Longevity-Diet-Tips-From-The-Blue-Zones.pdf>

### **Blue Zones**

The people of the Blue Zones aren't on Weight Watchers. Most of them don't belong to a gym. They don't really exercise in the way we think of exercise.

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