

The **Choose Kindness** path to the blue zones



1. Kindness is a core value of a constructive purpose

Kindness to others is essential for positive relationships

2. Family first
3. Belong
4. Right tribe

Kindness to self is the basis for health

5. Move naturally
6. 80% rule - Eat till 80% full
7. Plant slant - More fruit and veggies
8. Wine @ 5 - Wine with dinner
9. Down shift - Manage stress