



## BLUE ZONES PROJECT®

# MOAI OVERVIEW

## BETTER TOGETHER

Moai (-ronounced moh-eye) is a concept from Okinawa, Japan that roughly means coming together for a common purpose. Moais, or groups of friends, have helped create strong, healthy, and committed social networks for thousands of years. We want to replicate these networks. Making friends with moai participants sets up a long-term strategy to get healthier. Through Blue Zones Project® Moais, individuals learn how to create healthy behaviors supporting the Power 9 pillars and to expand their social network in a positive way; and to make new friends.

### Did you know?

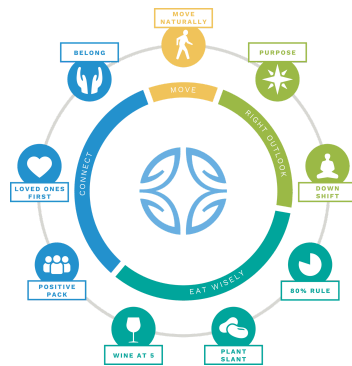
Healthy behaviors are contagious—like catching a cold. If our three best friends are obese and unhealthy, we’re 50% more likely to be overweight ourselves.

## POWER 9

A Blue Zones Project Moai supports individuals in building their own Positive Pack (Connect), to spend time with people who support healthy habits—yours and their own.

Other Pillars are also supported based on the Moai’s focused activity:

- Walking Moai = Move
- Pot Luck Moai = Eat Wisely
- Purpose Moai = Right Outlook



## WHAT ARE THE GOALS?

- Meet some new friends who are interested in eating healthier.
- Gain skills and start new behaviors supporting the Power 9 pillars.

Blue Zones Project® sets out to make permanent changes in an individual’s life so that better health habits ensue naturally. Friends impact all of our health behaviors for the long term. The overall goal is to provide social activity— social networks have a long-term, proven impact on well-being and allows individual to make some friends with whom they can share good times and good food for the long run.

## REQUIREMENTS

Moais are groups of 5-8 people who commit to each other for 10 meet-up.

Meet-ups should be at least 30-minutes and occur Twice a week for 5-weeks, or Once a week for 10-weeks.

- A Moai should include individuals beyond friends/family members to make new friends.
- A Moai can be seen as a “Personal Board of Directors.” Members should feel comfortable posing questions or quandaries in their lives and expect to receive input from other members. Discussions should remain private outside of the Moai.
- Conversation can revolve around successes and challenges with the pledge and/or a chance for each member to solicit advice on any topic.

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## FAQ

### IS THERE A COST TO JOIN A MOAI?

No there is no cost to join the moai; however, depending on the moai type participants may be required to bring items to the moai (ex. pot luck moais require individuals to bring a dish)

### WHAT AGE DO I NEED TO BE TO PARTICIPATE IN A MOAI?

There are no specific age limitations; however, depending on the moai activity it may be more appropriate for certain ages and/or require youth to participate with an adult. Anyone under 18-years old will need an Adult to sign-in and confirm participation. Please check with the Blue Zones Project team for moai details.

### WHAT DO I BRING TO A MOAI?

When you register for a moai, the Blue Zones Project team will notify all participants of the moai details to include location and items needed. You will also gain more information and the moai launch.

### WHAT HAPPENS IF I CANNOT MAKE IT TO A MOAI MEETUP?

If you cannot make a moai meetup or can no longer attend future moai meetups, you can let the Moai Team Captain know. We have many moais scheduled in our community, visit our Blue Zones Project Event's page to see the latest events calendar to join a future moai.

### WHAT HAPPENS AFTER THE 10-MEETUPS?

If you've found your Positive Pack, you don't have to disband! In fact, we encourage you to continue to grow your friendships through planning more dinners, walking together, or volunteering as a group.

### HOW CAN I PARTICIPATE IN OTHER MOAIS?

We have many moai opportunities scheduled in our community, visit our Blue Zones Project Event's page to see the latest events calendar.

### HOW CAN I LEAD A MOAI?

We encourage moai participants to continue meeting together as well as creating new moais to encourage and engage others to incorporate healthy behaviors. If you are interested in leading a new moai, please contact the local Blue Zones Project team.

### WHAT OTHER MOAI ACTIVITIES ARE OFFERED?

There are several core moai such as Walking, Potluck, and Purpose. Visit our Blue Zones Project Event's page to see the latest events calendar.

### I'VE SEEN BENEFITS FROM THE MOAI, WHO CAN I SHARE THIS WITH?

You can share your feedback / testimony with your Team Captain as well as contacting the Blue Zones Project Team.