



**BLUE ZONES™**

*live better, longer™*

# Blue Zones Project Moai

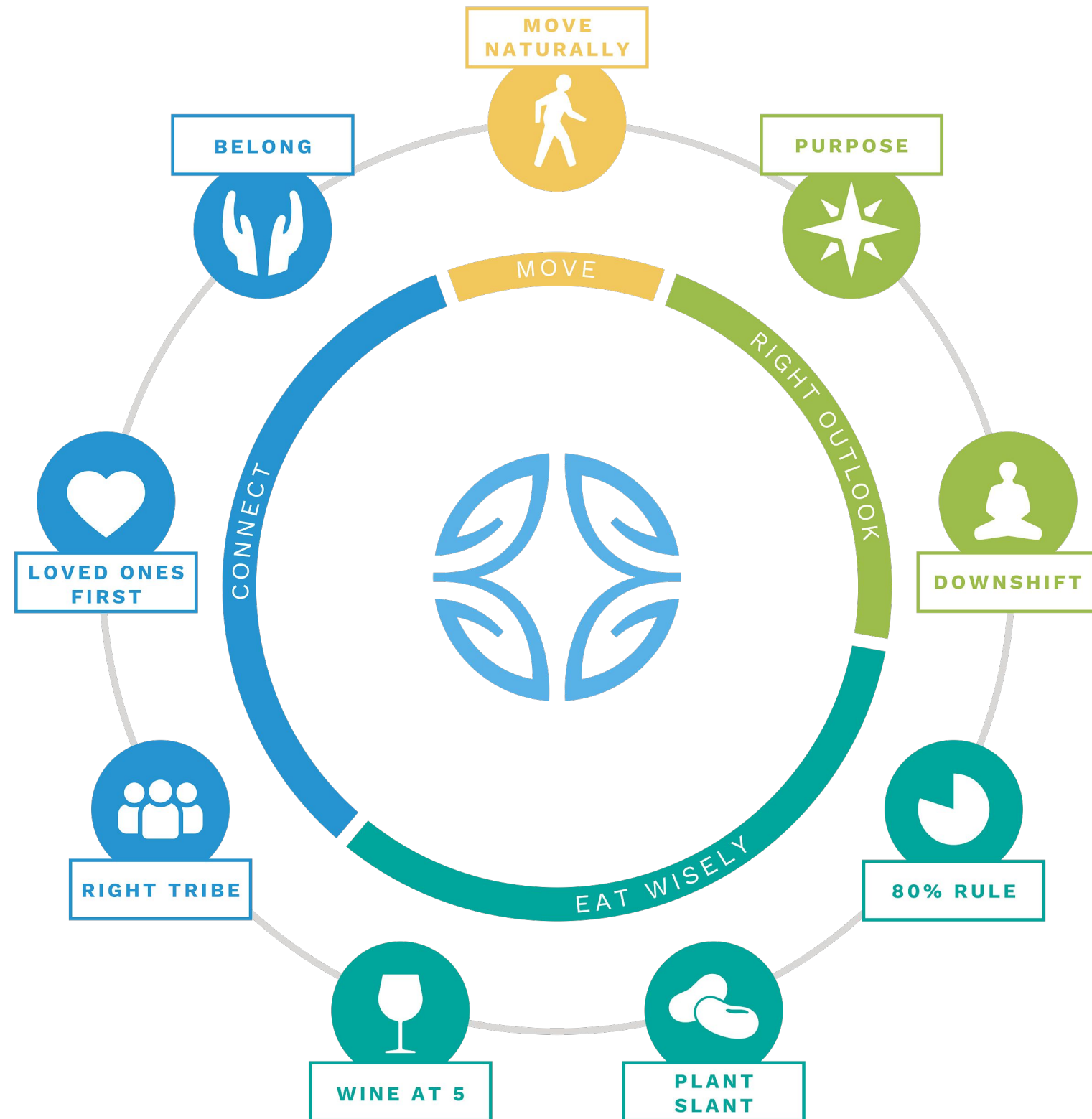
June 1, 2026

# POWER 9<sup>®</sup>

Lessons for living longer, better

Power 9

❖ RIGHT TRIBE



# What is a Moai

Moai (pronounced 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.

- Meeting for a common purpose
- Group of lifelong friends
- Social support group



CREATING  
HEALTHY  
BEHAVIORS  
**TOGETHER**



# Better Together



Social connections have a long-term impact on health and happiness.

Social support to create healthy lifestyles together.

- ❑ Learn from and with each other
- ❑ Try new things together
- ❑ Build a routine to keep each other accountable
- ❑ Taking the first step together

# Benefits Towards Well-being

Support group to create / mimic healthy habits

Experience less stress

Be happier and have fun

Strengthen your relationship



**WHEN A GROUP OF FRIENDS GATHERS REGULARLY TO SUPPORT AND ENCOURAGE EACH OTHER, THE CONNECTIONS THEY FORGE HELP SUPPORT HEALTHY LONGEVITY.**

# BZP Moais

Creating Moais to support Power 9 Lifestyles



## Healthy Lifestyles



Walk more to support Move Naturally



Eat more plant slant to support Eating Wisely



Share your gifts to support living on Purpose

# CREATING A MOAI

FOCUSING ON ONE POWER 9 TOGETHER

# General Process

**PLAN:** Identify the moai type, logistics, and dates. Train any volunteers that will be leading the moai.

**PROMOTE:** Develop promotional materials and begin sign-up promotions.

**LAUNCH:** The Day prior or on the first meet-up. Go over BZP story and goals of the moai, explain any moai requirements. For walking moai, pass out BZP T-shirts.

**MANAGE:** Assign a team captain to track attendance and any other items (i.e. testimony, photo, tracking steps, etc.)

**CELEBRATE:** A day after the last meet-up or on the last day, celebrate achievements. Handout moai certificates, BZP swag/giveaways, and Post-Moai survey.



# Walking Moai

Plan a 10-week Moai >> Create Routine & Strengthen Relationships

Each week, moai members, will get moving, grow closer together, and sneak in more steps as they move toward a healthier, active lifestyle.

## Power 9

- ❖ Right Tribe
- ❖ Move Naturally

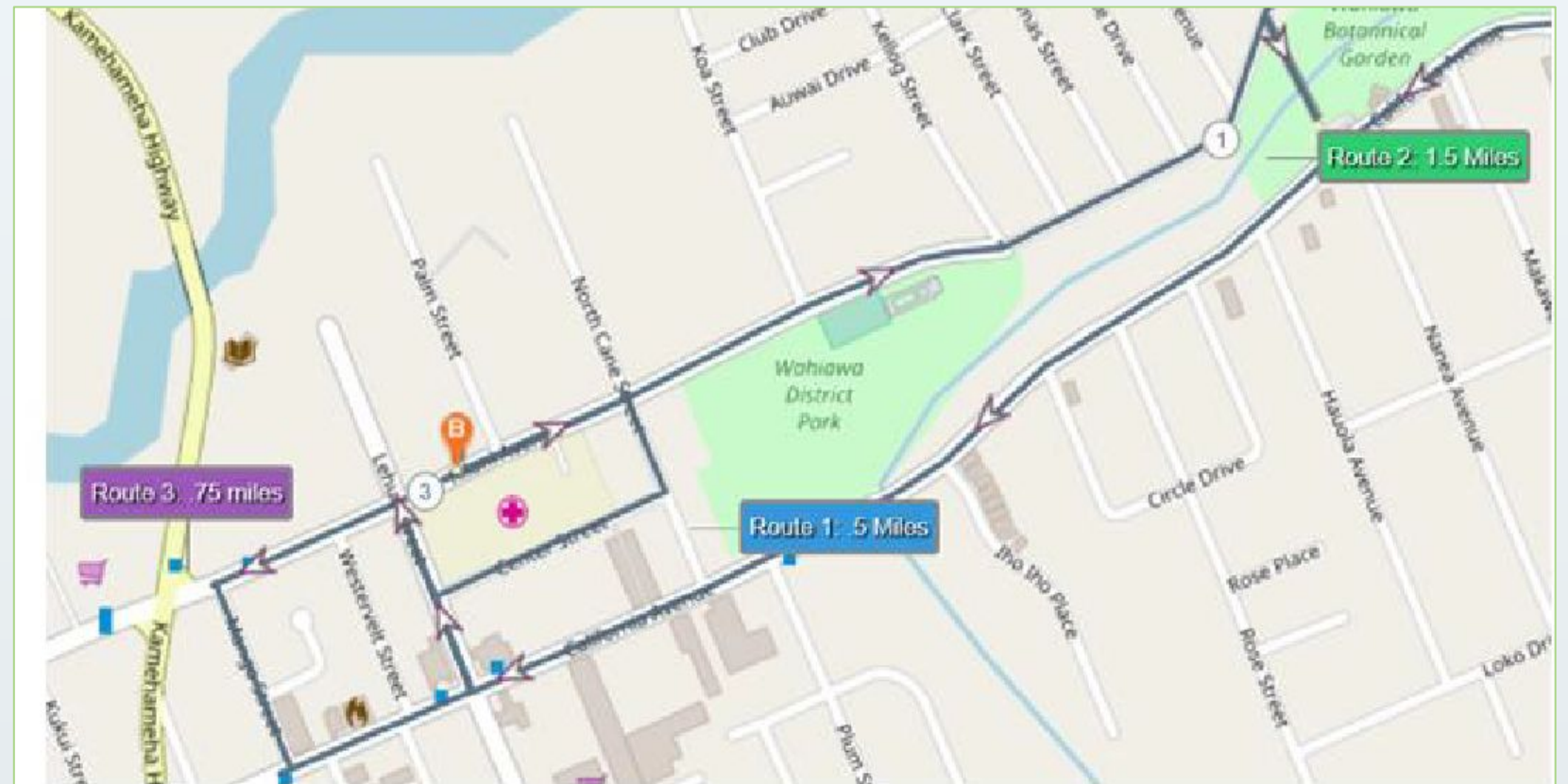
- **5 – 8 people** meet once a week for **10-weeks** to walk together.
- Focused on getting **more active** and **move naturally**.
- Walking allows individuals to **talk story**, which makes walking a breeze.
- Include a **launch** activity for participants to understand BZP concepts and make introductions.
- Include a **celebration** to recognize commitment and share impact stories.



# Walking Moai Meetups

Create engaging meetups that provide opportunities to connect.

- ❑ Identify a **walking route**.
- ❑ Determine a day/time for the **weekly meet up**.
- ❑ Incorporate fun activities, rest stops, and tracking.



**Route 1:** Use when taking a break. Walk around the Wahiawa General Hospital.

**Route 2:** Explore Wahiawa and get a little more exercise in as you walk up Kilani Avenue, Cross the Wahiawa Botanical Garden Bridge, and Back down California Avenue.

**Route 3:** Visit a Blue Zones Project Approved Restaurant, Dots Wahiawa, for some lunch

# Potluck Moai

Plan a 10-week Moai >> Create Routine & Strengthen Relationships

Each week, teams will try new healthy dishes, grow closer together, and sneak in more plants on their plates as they move toward a healthier lifestyle.

## Power 9

- ❖ Right Tribe
- ❖ Eat Wisely

- **5 – 8 people** meet once a week for **10-weeks** to walk together.
- Focused on getting **eating wisely** by incorporating more **plant slant**.
- Share healthy plant-slant meals in a potluck setting, and bond socially.
- Try new plant-based dishes and recipes.
- Include a **launch** activity for participants to understand BZP concepts and make introductions.
- Include a **celebration** to recognize commitment and share impact stories.



# Potluck Moai Meetups

Create engaging meetups that provide opportunities to connect.

- ❑ Identify a **location**
- ❑ Create a theme for meal sharing
- ❑ Feature items from the **Blue Zones Food List**
- ❑ Try **Blue Zones Recipes**



## BLUE ZONES FOOD LIST

Select from the Top 50 Blue Zones foods to create healthy, delicious meals inspired by blue zones centenarians.



ISLAND OF IKARIA, GREECE	MOUNTAINS OF SARDINIA, ITALY	NICOYA PENINSULA, COSTA RICA	ISLAND OF OKINAWA, JAPAN	LOMA LINDA, CALIFORNIA
 <ul style="list-style-type: none"><li>• Greens (all varieties)</li><li>• Lemons</li><li>• Eggplant</li><li>• Potato</li><li>• Mediterranean Herbs</li><li>• Chickpeas</li><li>• Black-Eyed Peas</li><li>• Olive Oil</li><li>• Honey</li><li>• Coffee</li></ul>	 <ul style="list-style-type: none"><li>• Tomatoes</li><li>• Artichokes</li><li>• Fennel</li><li>• Onions</li><li>• Almonds</li><li>• Barley</li><li>• Durum Semolina</li><li>• Pecorino Cheese</li><li>• Goat's Milk</li><li>• Wine</li></ul>	 <ul style="list-style-type: none"><li>• Papaya</li><li>• Bananas</li><li>• Mango</li><li>• Winter Squash</li><li>• Summer Squash</li><li>• Cabbage</li><li>• Yams</li><li>• Corn</li><li>• Black Beans</li><li>• Limes</li></ul>	 <ul style="list-style-type: none"><li>• Shiitake Mushrooms</li><li>• Sweet Potatoes</li><li>• Green Onions</li><li>• Garlic</li><li>• Bitter Melon</li><li>• Seaweed</li><li>• Tofu</li><li>• Brown Rice</li><li>• Turmeric</li><li>• Green and Black Tea</li></ul>	 <ul style="list-style-type: none"><li>• Beans</li><li>• Bell Peppers</li><li>• Broccoli</li><li>• Berries</li><li>• Avocado</li><li>• Nuts</li><li>• Oats</li><li>• Whole Grains</li><li>• Seitan</li><li>• Tempeh</li></ul>

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# Engaging Towards Impact

ACHIEVING CERTIFICATION REQUIREMENTS

# Certification Requirements

**Certification:** Unique Engagement

## Moai Count:

- 15 years old and over
- Resident of the BZP Community Zip Code
- Completes at least 5 out of the 10 Moai meetups.

## Tracking Outcomes:

- Post-Moai Survey
- Moai-specific (i.e. steps, dishes)
- Participant testimony

