

BLUE ZONES HOME CHECKLIST%0A

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Welcome to Blue Zones Checklists. By registering you will receive a 1 year membership to all 4 Blue Zones Checklists that are designed to score your home environment and social network and offer improvements for a longer healthier life.

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Optimize your home to live longer BlueZones.com

Submit your Blue Zones Home Checklist results to have them emailed to you or print a copy directly from the page. Start making changes to your home and yard based on your answers and the recommendations given. These changes don't have to be made all at once. Pick the easier ones to start with and continue completing at least one item each week.

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Blue Zones Official Site

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.

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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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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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The Blue Zones meal planner

Live Longer, Better. The Blue Zones Meal Planner is your personal guide to eating like the longest-lived people from around the world. Get a full suite of support, delicious and nourishing personalized recipes, help from food coaches, daily inspiration, and all the tools you need to simplify healthy plant-based eating.

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Blue Zones Secrets How to Live 100 Years Dr Axe

People in the world's blue zones tend to live 100-plus years. Learn the seven secrets to longevity and health from the way people in the blue zones live. Learn the seven secrets to longevity and health

from the way people in the blue zones live.

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5 Blue Zones Where People Live the Longest Healthiest

Blue Zones are home to some of the oldest and healthiest people in the world that often surpass global life expectancy of 71.4 years.

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